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WHAT SHALL WE HAVE TO EAT?

A Practical Plan for Choosing the Right Foods For Every Occasion

By JENNIE ELLIS BURDICK

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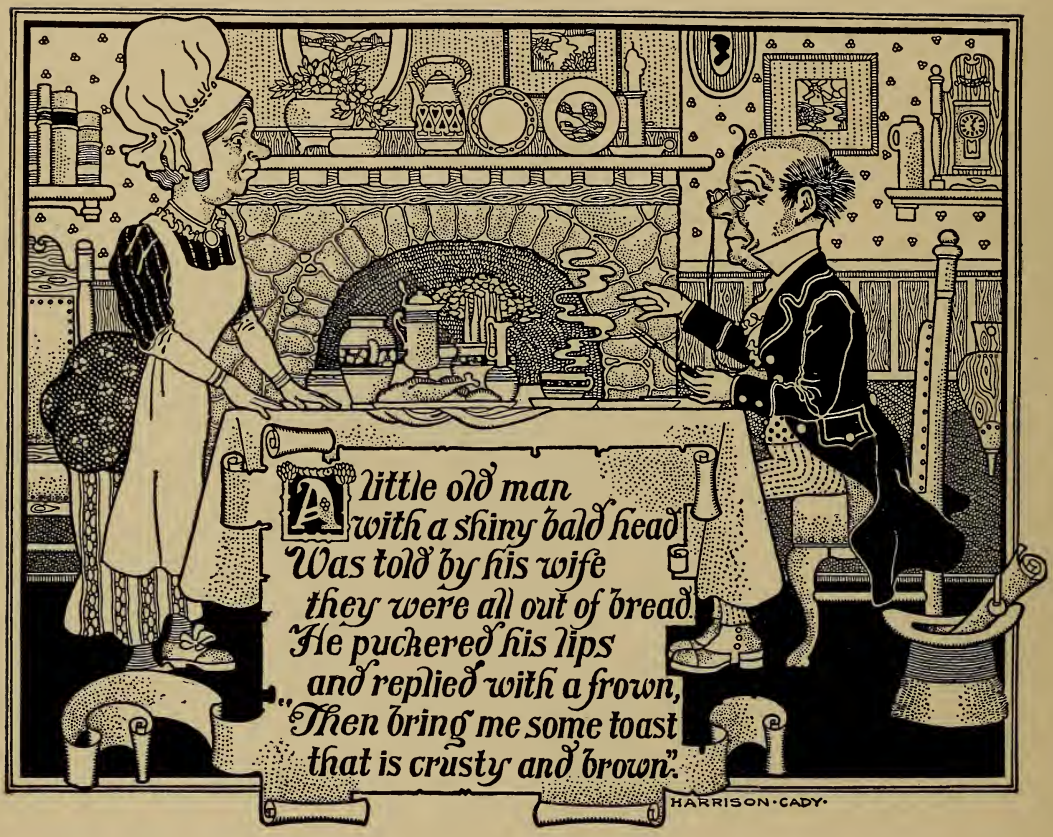

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PREFACE

"FROM little acorns great oaks grow." Several years ago the head of an internationally known business started the preparation of a list of foods to help his wife in her trying problem of selecting food for the daily meals. It has been my privilege to take this beginning and elaborate it into this book.

Housewives possessing "What Shall We Have to Eat" need never ask assistance or find it the least difficult to plan breakfast, dinner, or supper, or meals for any special occasion. A unique but simple system has made the selection of items for the menu as easy and as pleasant as planning a pleasure trip.

To use this book, sit down with it and a piece of paper. Turn to the meal for which you are planning; run down each list, and as you make your selection note it on the paper. Should you want to know how long it will take to cook a certain article, turn to page 112, where there is a "Time-table for Cooking," and you will instantly know whether you have time to prepare that particular dish or whether you must make some other selection. If the problem is what to serve when you are expecting some friends in in the afternoon or evening, turn to the section on page 59 entitled, "What Shall I Serve at My Party." If it is a day's outing you are planning, the section entitled, "What Shall We Take on the Picnic" will make your selection of food for the hamper very easy.

Of course, we know that the diet of a child must be different from that of an adult. On page 45 there is a carefully prepared list of foods for children from eleven months old to twelve years of age. In illness the diet is of almost as great, if not of equal, importance as medicine. The housewife is often at her wit's end to co-operate intelligently with the physician in charge of the case. Not only is it necessary at such times to prohibit certain foods to the patient, but there must be a variety among those which are given or the patient will refuse to take nourishment. In the section, "What Shall I Serve My Patient," we have a general "Liquid Diet," a general "Soft Diet" and a general "Convalescent

Diet." Following these are diets for specific ailments which were prepared for us by Ruth Yerkes, Assistant Dietician of Bellevue Hospital, New York City, and who is in charge of the diet kitchen at that great institution. These lists are authoritative and will prove of great service.

Some of us are fat and some of us are lean and none of us are content to be either; hence, we will find something of interest to us in one of the lists of foods beginning on page 95, "What Shall I Eat and What Shall I Not Eat to Reduce My Weight," or, on page 99, "What Shall I Eat and What Shall I Not Eat to Increase My Weight."

Monotony should always be avoided. This is particularly true when applied to the preparation of meals. Housewives are prone to drift into serving the same combinations of food. One person will always serve mint sauce with roast lamb, forgetting or not knowing that there are other side dishes which are tasty with lamb and which will add to the attractiveness of the meal. A reference to the section on "Pleasing Combinations of Food" will suggest the use of mint jelly, mint sherbet, or currant jelly as a change from the mint sauce.

At the close of the book there is a division called "Economy Hints." There are a few suggestions given here which are well worth trying by any housewife. Here, as well as throughout the book, there has been left plenty of white space where other suggestions may be added. The margins of the book are wide and will permit of notations.

In closing this preface I want to thank Miss Ruth Yerkes, Miss Agnes L. Sturges, and hosts of other friends, for their many helpful and valuable suggestions.

JENNIE ELLIS BURDICK.

JUNE, 1922.

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THE BALANCED MEAL

THE BALANCED MEAL

"AM I feeding my family as they should be fed? Is the food that I am giving them what they should have? Am I getting the best results for the money that I am spending?" These questions are often asked of herself by the careful and thoughtful housewife. Unfortunately the price we pay for food is not a test of the nourishment it gives to the body. Obviously strawberries in January at a dollar a pint contain no more (and perhaps less) nourishment than strawberries in their natural season at fifteen cents a quart; neither does South American quail at two dollars each, and one containing only enough, too, for one person,—build up bodily tissue nor furnish fuel for the body engine any better than an equal amount of ordinary domestic fowl. Neither can satisfying the hunger be depended upon; a hungry person would not be hungry after a meal of potatoes or bananas, but his body would not have been furnished all that it needs.

It is quite evident that the person who plans the meals ought to know what things the body needs in the way of food and how to supply these needs with ordinary food materials. Different kinds or classes of food serve different uses in the body, and the housewife should choose those which will serve these uses without waste.

COMPOSITION OF FOODS

Foods are divided into six groups: Carbohydrates; Proteids; Fats and Oils; Water; Mineral Matter; and Vitamines.

CARBOHYDRATES furnish energy and maintain heat; they are composed of the elements carbon, hydrogen, and oxygen; and they comprise sugar, starch, and cellulose. Sugar is found in milk, fresh fruits, and many other materials, but unless small amounts of very sweet materials —sugar itself, syrup, or honey—are used the diet is likely to be lacking in it. Starch is supplied mainly by cereals, potatoes, and bread. Cellulose

is the material which makes up the frame-work of plants; it gives bulk to the diet and may tend to prevent constipation. Fruit and vegetables supply this important element.

Foods Depended Upon for Carbohydrates

Sugar	Fruits preserved in sugar	Macaroni	Tapioca pudding
Molasses	Jellies, jams, and marmalades	Spaghetti	Cornstarch pudding
Syrups	Cereal grains used for meals	Noodles	Indian pudding
Honey	or flours	Cakes	Potatoes—both
Candy	Cereal breakfast foods	Cookies	white and sweet
Raisins	Bread	Crackers	Rice

Proteids contain nitrogen, and are needed in the case of children for growth and in the case of both adults and children to repair the body. Without these nitrogenous foods the meal would lack body-building material.

Foods Depended Upon for Proteids

Eggs	Fish	Game
Cheese of all kinds	Meat	Nuts
Milk (whole milk, skimmed milk or buttermilk)	Poultry	Beans

The principal office of Fats and Oils is to store up heat and energy. They are found in meats, nuts, and many other foods, but unless small amounts of especially fat materials are used, the meals are likely to be without them.

Foods Depended Upon for Fats and Oils

Butter and butter substitutes	Salt pork and bacon
Cream	Chocolate
Suet, lard, and other cooking fats	Oily Nuts
Salad Oils	

Water is indispensable to life. It helps to carry off waste matter, to aid digestion, to regulate temperature, and to keep the blood in good condition. It is present in varying amounts in each item of food.

The principal uses of Mineral Matter to the body are to furnish material for the bones and to purify the blood. They tend to offset acid

substances produced in the tissues in the course of digestion of meats and cereals.

Foods Depended Upon for Mineral Matter

Milk	Fruits
Water	Vegetables

Vitamines

The name "Vitamine" has been given to the substance or substances which though present in minute quantities in food are yet absolutely essential to a continuation of the life process. The knowledge of vitamines is not a discovery but is the result of a study of food chemistry by many learned men and women, a great deal of which study pre-dates the coining of the term "vitamines." For a long time experiments were made in feeding with artificial mixtures, but to the great embarrassment of the investigators each prolonged attempt was a failure. Purity of ingredients made no difference. The reason for the failure was obscure until the work in England of Frederick Gowland Hopkins, and in America of Thomas Burr Osborne, Lafayette Benedict Mendel, Elmer Verner McCollum, and D. J. Davis, proved convincingly that a natural food supply furnishes something necessary for nutrition besides carbohydrates, proteins, fats and oils, water, and mineral matter.

From about the year 1700 it has been known that the dreaded disease scurvy to which sailors were particularly subject, was caused by a diet from which fruits had been omitted. In the year 1804 there was a law passed in England making it compulsory for vessels flying the British flag to carry lemons and to issue regularly a ration of lemon juice.

In 1882 forty per cent. of the men in the Japanese navy suffered from beriberi. The chief article of food was polished rice. Convinced that there was some relation between the diet and the disease the authorities ordered some changes, chief among which was a substitution of barley for part of the rice. Immediately following this change, beriberi almost entirely disappeared from the Japanese navy.

About 1913 Osborne and Mendel discovered that an eye disease variously called xerophthalmia, ophthalmia, conjunctivitis, or keratomalacia was caused by a lack of fat in the diet. His experiments showed, however,

that an addition of *any* kind of fat to the diet would not cure the disease. But if butter fat or cod liver oil were added, the disease could be either cured or prevented. Beef fat was not as powerful an agency, and other fats such as lard and cottonseed oil had no effect at all.

To this element in the fat was given the name "Vitamine." But when further experimentation showed that the vitamine which cured or prevented xerophthalmia was not the same as those which performed the same office for those other deficiency diseases, beriberi and scurvy, and that they in turn differed from each other, it was necessary to make some distinction between them. So that found in the fats is called "Vitamine A" or "Fat-Soluble A"; the anti-beriberi vitamine is called "Vitamine B" or "Water-soluble B"; and the third or anti-scurvy (antiscorbutic) one is known as "Vitamine C" or "Water-soluble C."

Just *what* vitamines are, and just *how* they work we do not know. Some authorities think they supply the body with certain chemical units which the body is unable to manufacture. Others regard them as stimulators exerting a stimulating effect upon the various activities of the body.

On page 108 there is an interesting table showing the "Distribution of Vitamines." The important point, however, to keep in mind is that a well varied diet which contains milk, green vegetables, and fruits, as well as other foods, will supply all the vitamines the body needs.

Condiments

In most families some materials are used in preparing or serving food which add to the attractiveness of the meals but without furnishing the body with any nourishment. Among these are salt, pepper, vinegar, spices, seasoning herbs, horse-radish, flavoring extracts, and many other materials often spoken of as "condiments." These are not absolutely needed by the body, but they may be very useful in making an otherwise unattractive diet taste good. In fact, one of the secrets of making an inexpensive meal attractive is the skillful use of seasonings and flavors; for this reason they are well worth their cost, even though they do not actually increase the food value of the diet.

TESTING FOR SUCCESS

A correct combination of the six principles in a meal constitutes a balanced meal. But how is a housewife to know exactly how much of each of the food substances or nutriments her family needs or exactly how much of each she is giving them? The exact amount that each person needs depends upon age, sex, size, and amount of work done with the muscles. An elderly person, or one of quiet habits, needs less food than a vigorous, younger one; a large person than a small one; a man than a woman; an adult more than a child; a carpenter, a foot-ball player, a farmer, each needs more than a man who sits at his desk all day. The same individual needs more one day than another, depending upon how he has used his muscles.

In order to calculate exactly how much of carbohydrates, proteids, and fats and oils her family needs, a housewife would need to know exactly how much muscular energy was in need of replacement in each member, and also exactly how much of the different nutriments each food contained. This of course would require a great deal of figuring. It is indeed fortunate for the peace of her mind and the quiet of her nerves, that such exactness is not necessary in ordinary life. If too little or too much of one nutriment is provided at a single meal or on a single day the body does not suffer, if it is healthy, because it has ways of storing up a surplus and of drawing upon this supply in an emergency. *The real danger lies in always providing too little or too much of some one nutriment.* Here the housewife can protect her family.

It is just as easy to get into a rut with our foods as it is with anything else, and the results in their way are just as disastrous. Equally important with the good habit of eating reasonable amounts, not being either greedy or over-dainty, is a liking for all kinds of wholesome foods. Children should early be taught to acquire this good habit, and if the older members of the family have not learned it, they too should try to do so. Refusing to eat a wholesome dish, just because one is not accustomed to it may be a detriment to health, and it may also prevent the use of some very desirable and economical food.

The best test of the wholesomeness of the diet with which the housewife is providing her family is the health of that same family. If they are full of energy and ambition ("pep"), strong, free from ailments, and

well-developed for their ages, then may she safely conclude that she is feeding them correctly. On the other hand if they are listless, ailing, underdeveloped, and if a physician finds that there is no special disease to account for these symptoms, then she should study carefully the meals she is in the habit of serving and find out which food-principal she has omitted from her meals or of which she has not used enough.

Very often the refusal of the proper amount of food is due to monotony. A housewife gets into the habit of serving just the same food cooked in just the same way. "Variety is the spice of life." Variety of food and variety in method of cooking will keep up the appetites of the family, and their pleasure and health will amply repay the housewife —and she herself will find her work less laborious because it is more interesting.

Experience has taught us that for a correct combination of the food-principles and for making the meal attractive, the ideal breakfast consists of five parts or courses: fruit, cereal, bread, entree, and something to drink; the ideal dinner of eleven parts: appetizer, soup, bread, fish, entree, roast, vegetables, salad, desert, cheese, and something to drink; the lighter meal, which may be either luncheon or supper, depending upon whether the heavy meal is served at midday or evening, of eight parts: soup, bread, entree, vegetables, salad, desert, cheese, and something to drink. These are the ideal combinations and are the ones suggested in the following pages. In many homes, however, either because of the smallness of the family or the lack of help in the kitchen it is economy of money and time not to serve a "full course" meal on any one day. In such cases the housewife remembers that the body has ways of storing up a surplus of any one nutriment and drawing on that supply later; so one day she supplies a goodly portion of one thing, and another day she gives from another list. For breakfast she serves either a cereal or an entree, for dinner either an appetizer or a soup, either a fish or an entree, or a roast, and if there are plenty of green vegetables she may omit the salad; for luncheon either a vegetable or a salad. One of the "One Dish Dinners" on page 43 will make a pleasing change if served occasionally.

As it is impossible to include in any list the favorite dishes of everybody, blank spaces for personal memoranda have been left whenever practical.

Good cookery means the knowledge of all fruits, herbs, balms, and spices, and of all that is healing and sweet in fields and groves, and savory in meats. It means carefulness, inventiveness, watchfulness, willingness, and readiness of appliance. It means the economy of your great-grandmothers and the science of modern chemists. It means much tasting and no wasting. It means English thoroughness, French art, and Arabian hospitality. It means, in fine, that you are to be perfectly and always ladies (loaf-givers).—RUSKIN.

WHAT SHALL WE HAVE FOR BREAKFAST

FRUITS

BERRIES

Blackberries
Blackcaps
Blueberries
Currants
Gooseberries
Huckleberries
Raspberries
Strawberries

MELONS

Cantaloupe
Cassaba Melon
Honey-dew Melon
Watermelon

OTHER FRUITS

Apple
- plain
- baked
- stewed
- sauce

Apricots
Bananas
Figs
- stewed

Grape-fruit
Grapes
Orange
- plain
- juice
- sliced

Peaches
- canned
- fresh
- stewed

Pears
- canned
- fresh
- stewed

Plums
- canned
- fresh
- stewed

Prunes
Quinces
- baked
- stewed

Rhubarb

CEREALS

Barley Crystals
Cerag Cereal
Corn Crisps
Corn Flakes
Corn Puffs
Corn-meal Mush
Cresno Grits
Dad's Breakfast Food
Farina
Five Foods Kernels
Force
Graham-flour Mush
Grape Nuts
Hominy
Hulled Corn
Malt Breakfast Food
Mapl-Flake Brand Whole Wheat Toasted
Oatmeal Mush
- plain
- fried

Pettijohn
Post Toasties
Rice
- plain boiled
- boiled with milk
- puffed

Rye Mush
Samp
Toasted Wheat Biscuit
Washington Crisps
Wheat
- cracked
- cream of
- puffed
- shredded

Wheatina

ENTREES

Bacon
Bacon and Eggs
Chipped Dried Beef and Eggs
Chipped Dried Beef, Creamed
Codfish, Creamed
Codfish Cakes
Eggs
- baked
- boiled
- omelette
- poached
- scrambled

Finnan Haddie
Fish, Pan
Hash
Ham
Ham and Eggs
Herrings
Lamb Chops
Liver
- Beef's
- Calf's
- Lamb's
- Pig's
- and Bacon
- Chicken, en Brochette

Kidneys
- Lamb
- Pork

Mackerel, Fresh
Mackerel, Salt
Mutton Chops
Sausage
Scrapple
Shad Roe
Steak

POTATOES

American fried
Au gratin
Creamed
French fried
Hashed brown
Lyonnaise

BEVERAGES

Coffee
Tea
Chocolate
Cocoa
Milk
Malted Milk
Postum or other coffee substitute
Buttermilk
Water

BREAD

Bannocks
- New England
- Indian

Biscuits
- Baking-powder
- Buttermilk
- Cream
- Egg
- Graham
- Oatmeal
- Pocketbook
- Pounded
- Raised
- Rice
- Snowball
- Sour Milk
- Squash

Bread
- Barley
- Buttermilk
- Corn Batter
- Corn Mush
- Entire Wheat
- Florida Pone
- French
- Gluten
- Graham
- Milk
- Oatmeal
- Poor Man's
- Rice
- Squash
- Sponge
- Spoon
- Rye
- Rye and Indian Meal
- Twist
- Water
- White
- Whole Wheat

Corn Dodgers

Cornbread
- Simple
- Hominy
- Sour Milk
- Spider

Cornbread, *continued*
- Steamed
- White

Gems or **Puffs**
- Bread
- Breakfast
- Cold Water
- Cornmeal
- Graham
- Indian
- Rice
- Sweet Milk
- Wheat

Johnny Cake
- Alabama
- New England
- Peach
- Sour Milk

Hot Cross Buns

Muffins
- Plain
- Balloon
- Blackberry
- Blueberry
- Berry
- Bobs
- Bran
- Buckwheat
- Buttermilk
- Cornmeal
- Cream
- Crumb
- Emergency
- English
- Entire Wheat
- Fairy
- Gluten
- Graham
- Graham and Wheat
- Graham with Blackberries
- Hominy
- Mush
- No-Egg
- One-Egg
- Raised

Muffins, *continued*
- Rice
- Rye
- Rye and Wheat
- Sour Milk
- Sour Milk Graham
- Southern
- Whole Wheat and Rye
- Yeast

Pancakes
- Adirondack
- Alabama Corn
- Bread Crumb
- Buckwheat
- Buttermilk
- Cornmeal and Rice
- Farina
- Flannel Cakes
- Hoe Cakes
- Indian Meal
- Prepared Flour
- Slapjacks
- Sour Milk
- Squash

Pone
- Baked Cornmeal
- Fried Cornmeal
- Rice

Popovers
- Plain
- Gluten Flour

Rolls
- Baking-powder
- Coffee
- Cream Graham
- Crescents or Horns
- Egg
- Italian
- Long Breakfast
- Parker House
- Vienna
- White Mountain
- Winter

BREAD

- Toast
  - Buttered
  - Cinnamon
  - Cream
  - Dry
  - French
  - Milk
  - Tomato
- Waffles
  - Plain
  - Newport or Indian Meal
  - Oatmeal
  - Quick
  - Rice
  - Sour Milk
  - Yeast

WHAT SHALL WE HAVE FOR LUNCHEON

If the heavy meal (dinner) is eaten at midday, then
refer to this list for SUPPER

SOUPS

- **Asparagus Soup**
  - plain
  - cream of
- **Barley Soup**
  - cream of
- **Bean Soup**
- **Beef Soup**
- **Bouillon**
- **Broth**
  - Beef
  - Chicken
  - Clam
  - Fish
  - Lamb
  - Mutton
  - Scotch
- **Carrot Soup**
  - cream of
- **Cauliflower Soup**
  - cream of
- **Celery Soup**
  - plain
  - cream of
- **Cheese Soup**
- **Chicken Soup**
  - plain
  - cream of
- **Chicken Gumbo Soup**
- **Chowder**
  - Corn
  - Clam
  - Fish
- **Clam Soup**
- **Consommé**
  - plain
  - with Noodles
  - with Rice
  - with Sago
  - with Tapioca
- **Consommé Jelly**
- **Corn Soup**
  - cream of
- **Crab-meat Soup**
  - cream of
- **Fish Soup**
- **Gumbo Soup**
- **Julienne Soup**
- **Lobster Soup**
  - cream of
- **Mock-turtle Soup**
- **Mushroom Soup**
  - cream of
- **Mutton Soup**
- **Okra Soup**
- **Onion Soup**
  - cream of
- **Oxtail Soup**
- **Oyster Soup**
  - cream of
- **Pea Soup, Green**
  - cream of
- **Pea Soup, Split**
- **Potato Soup**
- **Puree of**
  - Artichoke
  - Asparagus
  - Barley
  - Chicory
  - Cucumber
  - Green Peas
  - Parsnip
  - Potato
  - Spinach
  - String Bean
  - Tomato
- **Rice Soup**
  - cream of
- **Spinach Soup**
  - cream of
- **Tomato Soup**
  - plain
  - cream of
- **Turnip Soup**
- **Turtle Soup**
- **Veal Soup**
- **Vegetable Soup**
- **Venison Soup**

FISH

- **Bass**
  - au gratin
  - baked
  - boiled
  - broiled
  - fried
  - in timbales
- **Blackfish**
  - broiled
- **Bloaters**
  - broiled
  - on toast
- **Bluefish**
  - baked
  - boiled
- **Butterfish**
  - fried
- **Carp**
  - baked
  - boiled
  - steaks, broiled
  - steaks, fried
- **Clams**
  - baked
  - croquettes
  - fried
  - fritters
  - steamed
- **Codfish**
  - baked
  - boiled
  - creamed
  - cutlets or steaks, boiled
  - cutlets or steaks, fried
- **Crabs, Hard-Shelled**
  - a la Creole
  - a la Newberg
  - au gratin
  - deviled
  - scalloped
- **Crabs, Soft-Shelled**
  - broiled
  - fried

FISH

Eels
- boiled
- fried
- jellied
- stewed

Flounders or Fluke
- baked
- broiled
- fillet
- fried
- souchet

Frogs' Legs
- fried
- stewed

Frost-Fish or Tom-Cod
- broiled
- fried

Grayling
- baked
- broiled
- fried

Haddock, Fresh
- baked
- broiled
- fried

Halibut
- au gratin
- baked
- boiled
- fillet
- steak, broiled
- steak, fried

Kingfish
- boiled
- broiled
- fried

Lobster
- a la Maryland
- a la Newberg
- baked
- boiled
- broiled
- croquettes
- cutlets
- deviled
- en brochette

Mackerel
- baked
- boiled
- broiled
- fillet
- fried

Mullet
- boiled
- broiled
- fried

Mussels
- mariniert
- steamed
- stuffed

Oysters
- a la Maryland
- a la Newberg
- baked
- broiled
- deviled
- en brochette
- fried
- rolled in bacon ("pigs in blankets")
- scalloped

Perch
- boiled
- broiled
- fried

Pike
- baked
- boiled

Pompano
- broiled
- fried

Porgies
- broiled
- fried

Prawns
- a la Creole
- curry of

Red Snapper
- baked
- boiled
- fillet

Salmon
- au gratin
- baked
- boiled
- creamed
- croquettes
- cutlets or steaks, broiled
- cutlets or steaks, fried
- fillet
- scalloped

Sardines
- in oil
- broiled
- deviled
- with tomato sauce

Scallops
- baked
- broiled
- deviled
- fried

Shad
- baked
- boiled
- broiled
- fried
- planked

Shad Roe
- broiled
- fried

Shrimps
- a la Newberg
- creamed

Skate
- boiled
- (small) fried

Smelts
- baked
- broiled
- fried

Sole
- au gratin
- baked
- boiled

FISH

Sole
broiled
creamed
fillet
fried
Sturgeon
baked
cutlets, broiled
cutlets, fried
Swordfish Steaks
broiled
fried
Terrapin
a la Maryland
stewed
Tom-cod: see **Frost-fish**
Trout
baked
broiled
fried
Tuna Fish
Weakfish
baked
boiled
Whitebait
fried
Whiting
baked
boiled
broiled
fried

SAUCES

Anchovy
Butter
Caper
Cream
Hollandaise
Horseradish
Lobster
Mustard
Parsley
Shrimp
Tartar
Tomato
White

ENTREES

Beef
curry of
fritters
loaf
pie
rolls or olives
sausages
Beef, Dried or **Smoked**
creamed
with eggs
Beef Heart
Beef Liver
boiled
fried
minced on toast
Beef Steak
broiled
chopped (Hamburg)
en casserole
fried
planked
Beef Tongue
Calf's Brains
Calf's Head
a la Vinaigrette
Calf's Liver
braised
and Bacon
minced
Calf's Tongue
Chicken
a la Maryland
broiled
creamed
curry of
en casserole
fricasseed
fried
in jelly
minced on toast
pie
Chicken Livers
broiled
en brochette
fried with onions
stewed with mushrooms

ENTREES

Club Sandwich

Croquettes
- Banana
- Beef
- Beef and Rice
- Cheese
- Chestnuts
- Chicken
- Lentil
- Oyster and Macaroni
- Pork
- Rice
- Rice and Tomato
- Salmon
- Sweetbread
- Turkey
- Veal

Frankfurters
- boiled
- broiled
- baked

Fritters
- Apple
- Banana
- Cauliflower
- Celery
- Cherry
- Clam
- Orange
- Sardine
- Tomato

Goulash

Hash
- au gratin
- Beef
- Chicken
- Corn Beef
- Lamb
- Liver
- Pork
- Turkey
- Veal

Kidney, Beef
- en brochette
- pie

Kidneys, Lamb
- broiled
- en brochette

Lamb
- blanquette of
- curry of
- fricasseed
- minced on toast
- pie

Lamb's Liver
- baked with salt pork and onion
- boiled
- minced
- sliced and broiled
- sliced and fried

Lamb's Tongue
- pickled

Meat Loaf

Meat Pie
- Beef
- Chicken
- Lamb
- Pork
- Rabbit
- Turkey
- Veal
- Mixed Meats

Mutton
- minced on toast
- (See also Lamb)

Pate de foie gras

Pig's Feet

Pig's Knuckles

Pork, Salt
- creamed
- fried

Pork and Beans

Pork Pie

Quail
- broiled

Rabbit
- stewed
- pie

Ragoût of
- Beef
- Lamb
- Oxtail
- Veal

Reed Birds
- broiled

Squabs
- broiled

Spare-Ribs, Salt

Sausages
- baked
- baked in potatoes
- broiled
- fried

Stew
- Beef
- Chicken
- Lamb
- Kidney
- Mutton
- Pigeon
- Pork
- Rabbit
- Veal
- Mixed Meats

Sweetbreads
- braised
- broiled
- larded

Tripe
- a la Creole
- a la Lyonnaise
- broiled
- fricasseed
- fried

Turkey
- fricasseed
- minced on toast

Veal
- curry of
- en casserole
- fricasseed
- loaf
- minced on toast

ENTREES

Veal Heart
Veal Liver and Bacon
Welsh Rarebit

VEGETABLES

Artichokes
boiled
creamed
fried
mashed
stuffed

Asparagus
with butter
with Hollandaise Sauce
with White Sauce

Beans, Dried
baked
boiled

Beans, Green or String

Beans, Lima, Dried
boiled
creamed

Beans, Lima, Fresh

Beans, Red or Kidney
boiled
with rice

Beet-Greens
boiled

Beets
buttered
with sour sauce

Brussels Sprouts
creamed
scalloped

Cabbage
au gratin
boiled
braised
creamed
hot slaw

Carrots
buttered
creamed
mashed

Carrots and Peas

Cauliflower
plain
a la Parmesan
au gratin

Cauliflower
cream sauce
curried
Hollandaise Sauce

Celery
creamed
fried
stewed

Celery and Macaroni
stewed

Corn
on the ear
fritters
scalloped
stewed

Cucumbers
fried
stewed
stuffed

Dandelion Greens
boiled

Eggplant
baked
en casserole
fried
scalloped
stuffed

Kohl-Rabi
stewed

Leeks

Lentils
boiled

Macaroni
a la Italienne
au gratin
baked with tomatoes
boiled
with cream sauce
with mushrooms
with tomato sauce

Mushrooms
baked
broiled
creamed

VEGETABLES

Mushrooms
- fried
- sauted
- stewed

Nudels (Noodles)

Okra
- boiled
- scalloped

Onions
- baked
- boiled
- fried
- French fried
- scalloped
- stuffed

Oysterplant or Salsify
- creamed
- fritters
- scalloped
- stewed

Parsnips
- baked
- boiled
- candied
- fried
- fritters
- mashed

Peas, Dried

Peas, Green
- boiled
- creamed

Peppers, Green
- boiled
- stuffed

Potatoes, White
- a la Hollandaise
- au gratin
- baked, new
- baked, old
- boiled, new
- boiled, old
- cakes
- chips
- croquettes
- deviled

Potatoes, White
- Franconia
- fried
- French fried
- fritters
- hashed and baked
- hashed brown
- Julienne
- Lyonaise
- mashed
- O'Brion
- Parisian
- stuffed

Potatoes, Sweet
- au gratin
- baked
- boiled
- candied
- fried
- grilled

Rice
- au gratin
- boiled
- croquettes

Sauerkraut

Spaghetti
- a la Italienne
- au gratin
- baked with tomatoes
- boiled
- with mushrooms
- with tomato sauce

Spinach
- boiled
- creamed

Squash
- baked
- boiled
- fried

Succotash

Tomatoes, Ripe
- baked
- broiled
- creamed
- deviled

Tomatoes, Ripe
- scalloped
- stewed
- stuffed with bread
- stuffed with mushrooms

Turnips
- au gratin
- boiled
- creamed
- mashed

Yams
- baked
- boiled

SALADS

Alligator Pear Salad
Anchovy Salad
Apple Salad
Apple and Cucumber Salad
Apple, Pork or Veal, and Watercress Salad
Artichoke Salad
Asparagus and Chicory Salad
Asparagus and Lettuce Salad
Asparagus, Peas, Beans, and Carrots Salad
Banana Salad
Beans (Baked) Salad
Beans (Lima) Salad
Beans (String) Salad
Beef Salad
Beefsteak Salad
Beet and Cabbage Salad
Beet and Lettuce Salad
Beet and Onion Salad
Beet-tops Salad
Beet-tops, Potatoes, and Frankfurters Salad
Beet-tops, Potatoes, and Cold Ham Salad
Beet-tops, Potatoes, and Salt Pork Salad
Beet-tops, Potatoes, and Tripe Salad
Bloater Salad
Boiled Salad (Leftovers from New England boiled dinner)
Brussels Sprouts Salad
Cabbage Salad
Cabbage and Ham Salad
Calf's-head Salad
Calf's-liver Salad
Cauliflower Salad
Carrot and Dandelion Salad
Carrot and Watercress Salad
Celery Salad
Celery and Almond Salad
Cherry and Pineapple Salad
Chicken Salad
Chicory Salad
Clam Salad (raw Little Necks)
Clam Salad (cooked clams)
Codfish Salad
Cole Slaw
Cornbeef and Vegetable Salad
Cream Cheese and Pimento Salad
Crab-flake Salad
Cucumber Salad
Cucumber and Onion Salad
Cucumber and Tomato Salad
Dandelion Salad
Egg Salad
Egg and Anchovy Salad
Egg and Celery Salad
Egg and Sardine Salad
Egg and Tuna-Fish Salad
Egg and Walnut Salad
Endive Salad
Fish and Cabbage Salad
Fruit Salad
Grapefruit Salad
Herring Salad
Lettuce Salad
Lettuce and Dandelion Salad
Lettuce and Tomato Salad
Lobster Salad
Malaga Grape Salad
Mushroom Salad
Onion Salad
Orange and Malaga Grape Salad
Orange and Tomato Salad
Oyster Salad
Pear Salad
Pear and Cherry Salad

SALADS

Peas (Green) Salad
Pineapple Salad
Pineapple and Cream Cheese Salad
Potato Salad
Potato and Celery Salad
Potato and Egg Salad
Potato and Nut Salad
Potato and Onion Salad
Potato and Pimento Salad
Radishes and Cucumber Salad
Radishes and Spring Onions Salad
Romaine Salad
Salmon Salad
Sardine Salad
Shrimp, Celery, and Apple Salad
Shrimp and Egg Salad
Shrimp and Lettuce Salad
Spinach and Egg Salad
Sweetbread and Celery Salad
Sweet-Pepper Salad
Tomato Salad
Tomato and Artichoke Salad
Tomato and Cucumber Salad
Tomato and Green Pepper Salad
Tomato and Lettuce Salad
Tomato and Onion Salad
Tomato and Tuna-Fish Salad
Tomato stuffed with Crab Meat
Tongue, Potato, and Celery Salad
Tripe Salad
Turkey Salad
Tutti-Frutti Salad
Veal Salad
Veal and Pickles Salad
Vegetable Salad
Waldorf Salad
Watercress Salad

SALAD DRESSINGS

Boiled Dressing
Cream Dressing
French Dressing
French Chiffonade Dressing
French Thousand Island Dressing
Mayonnaise Dressing
Russian Dressing
Thousand Island Dressing

BREAD

Baking-powder Biscuit
Baking-powder Bread
Bannocks
Bath Buns
Blueberry Tea Cake
Brown Bread
Buns
Cinnamon Rolls
Cocoa Bread
Corn Bread
Crumpets
- Corn-meal
- Graham

Currant Bread
Currant Tea Ring
Fig Bread
Fig Rolls
Gems
- Plain
- Date and Almond
- Graham
- Hominy
- Indian
- Rice

Graham Bread
Graham Nut Bread
Gluten Bread
Johnny Cake
- Apple
- Strawberry

Maple Sugar Biscuits
Milk Bread
Muffins
- Berry (in season)
- Buttermilk
- Corn-meal
- Date
- English
- Graham
- Hominy
- Oatmeal
- Rice

Muffins
- Rye
- Sour Milk
- Wheat
- Whole Wheat

Nut Biscuits
Nut Bread
Oatmeal Bread
Popovers
- Plain
- Fruit

Raised Bread Rolls
Raisin Bread
Rice Bread
Rusks
Rye Bread
Sally Lunn
Scones
Sour-milk Biscuit
Spiced Currant Rolls
Sweet French Rolls
Tea Gems
Tea Rolls
Toast
White Bread
Whole Wheat Bread
Zweiback

See also breads under breakfast

DESSERTS

PUDDINGS

Apple Pudding
Apple and Rice Pudding
Apple Tapioca Pudding
Arrow Pudding
Banana Pudding
Bavarian Cream, Coffee
Bavarian Cream, Strawberry
Blanc Mange
Bread Pudding
Brown Betty
Cabinet Pudding
Caramel Pudding
Chocolate Bread Pudding
Chocolate Pudding
Chocolate Souffle
Cornstarch Pudding
Cottage Pudding
Custard
- Plain
- Caramel
- Coffee
- Peach Meringue

Custard Souffle
Farina Pudding
Fig Pudding
Gelatin
- plain
- with fruit

Graham Pudding
Indian Pudding
Jelly
- Cherry
- Coffee
- Lemon
- Orange
- Raspberry
- Strawberry

Junket
Lemon Cream Pudding

DESSERTS

Lemon Souffle
Mocha Souffle
Orange Pudding
Peach Pudding
Peach Tapioca Pudding
Pineapple Pudding
Plum Pudding
Poor Man's Pudding
Prune Pudding
Raisin Pudding
Rice Pudding
  plain
  with eggs
  with raisins
Sago Pudding
Snow Pudding
Suet Pudding
Tapioca Pudding

PUDDING SAUCES

Caramel Sauce
Chocolate Sauce
Cream Sauce
Custard Sauce
Hard Sauce
Lemon Sauce
Molasses Sauce
Orange Sauce
Strawberry Sauce
Vanilla Sauce

PIES

Apple Pie
Apple Meringue Pie
Apricot Pie
Blackberry Pie
Blueberry Pie
Cherry Pie
Chocolate Cream Pie
Cocoanut Custard Pie
Cranberry Pie
Cream Pie
Custard Pie
Date Pie
Huckleberry Pie
Lemon Pie
Lemon Meringue Pie
Macaroon Custard Pie
Mince Pie
Peach Meringue Pie
Prune Pie
Pumpkin Pie
Raisin Pie
Rhubarb Pie
Squash Pie
Sweet Potato Pie

TARTS

Apple
Apricot
Cherry
Cocoanut
Currant, Green
Currant, Red
Custard
Gooseberry
Peach
Plum
Rhubarb

FROZEN DESSERTS

Almond Ice Cream
Almond Mousse
Banana Ice
Banana Ice Cream
Banana Sherbet
Banana Mousse
Biscuit Tortoni
Blackberry Ice
Blackberry Mousse
Caramel Ice Cream
Caramel Mousse
Cherry Ice
Cherry Ice Cream
Cherry Mousse
Cherry Sherbet
Coffee Ice Cream
Coffee Mousse
Currant Ice
Custard
Fig Ice Cream
Ginger Ice Cream
Grape Ice
Grape Sherbet
Grape Mousse
Lemon Ice
Lemon Ice Cream
Lemon Sherbet
Lemon Mousse
Macaroon Ice Cream
Maple Ice Cream
Maple Mousse
Maraschino Ice
Milk Sherbet
Mint Ice
Neopolitan Ice Cream
Nesselrode Pudding
Orange Ice
Orange Ice Cream
Orange Sherbet
Orange Mousse
Peach Ice
Peach Ice Cream
Peach Mousse
Pineapple Ice
Pineapple Ice Cream
Pineapple Sherbet
Pineapple Mousse

DESSERTS

Pistachio Ice Cream
Pistachio Mousse
Raspberry Ice
Raspberry Sherbet
Raspberry Mousse
Raspberry and Currant Ice
Strawberry Ice
Strawberry Ice Cream
Strawberry Sherbet
Strawberry Mousse
Tutti-Frutti
Vanilla Ice Cream

SAUCES FOR ICE CREAMS

Caramel Sauce
Chocolate Sauce
Coffee Sauce
Fruit Sauce
Strawberry Sauce

FRUITS

Apples
- baked
- stewed

Banana
- baked
- sauted
- uncooked

Blackberries with Cream
Compote of
- Pears
- Pineapple
- Plums
- Prunes
- Strawberries

Grapefruit
Grapes
Melons
- Cantaloupe
- Cassaba Melon
- Honeydew Melon

Oranges
Peaches
- baked
- uncooked

Pears
- baked
- uncooked

Quinces
- baked
- stewed

Raspberries and Cream
Strawberries and Cream

See also the fruits under breakfast.

LOAF CAKES

Almond Cake
Angel Cake
Applesauce Cake
Banana Layer Cake
Bride's Cake
Buttermilk Cake
Chocolate Cake
Chocolate Layer Cake
Citron Cake
Cocoanut Layer Cake
Cocoanut Loaf Cake
Coffee Cake
Currant Cake
Date Cake
Devil's Food
Dried Apple Cake
Fig Cake
Filbert Cake
Fruit Cake
Fudge Cake
Ginger Cake
Gold Cake
Huckleberry Cake
Jelly Roll
Lady Baltimore Cake
Lightning Cake
Marbled Cake
Mocha Cake
Molasses Layer Cake
Nut Cake
Orange Cake
Pineapple Cake
Plain Cake
Pound Cake
Ribbon Cake
Silver Cake
Spiced Nut Cake
Sponge Cake
Sunshine Cake
Tutti-Frutti Cake
White Mountain Cake

FILLINGS AND FROSTINGS FOR CAKE

Almond Paste
Caramel Frosting
Chocolate Filling
Chocolate Frosting
Cocoanut Filling
Cream Filling
- Chocolate
- Coffee
- Lemon
- Vanilla

Fig Filling
Fruit Filling
Lemon Filling
Maple Sugar Frosting
Marshmallow Paste
Mocha Frosting
Nut Filling
Nut Caramel Frosting
Orange Filling

DESSERTS

Orange Frosting
Pistachio Paste

SMALL CAKES

Anise-seed Cakes
Cup Cakes
Fig Newtons
Huckleberry Cup Cakes
Lady Fingers
Marguerites
Molasses Drop Cakes
Nut Cup Cakes
Spiced Cup Cakes
Social Tea Biscuits
Sour Milk Cup Cakes
Sponge Cakes
Sponge Drop Cakes

COOKIES

Cocoanut Snaps
Filled Cookies
Ginger Snaps
Hermits
Jumbles
Lemon Snaps
Macaroons
Molasses Drop Cookies
Oatmeal Cookies
Peanut Wafers
Rice Cakes
Spiced Wafers
Sugar Cookies
Vanilla Wafers
Walnut Wafers

OTHER DESSERTS

Charlotte Russe
- Maple
- Vanilla

Cream Puffs
- Almond filling
- Lemon filling
- Orange filling
- Whipped Cream filling

Crullers
- American
- French

Dumplings
- Apple
- Banana
- Berry
- Blueberry
- Huckleberry
- Peach
- Pear

Eclairs
- Chocolate
- Coffee
- Maple
- Vanilla

Napoleons

Shortcakes
- Old-fashioned
- French
- (Any Seasonable Fruit)

CHEESE

American or Store
Brie
Camembert
Cheddar
Cottage
Cream
Edams
English Dairy
Gervais
Gongonzola
Gouda
Gruyere, Swiss
Liederkranz
Limburger
Liptower
Muenster
Neufchatels
Nippy
Parmesan
Pimento
Pineapple
Port de Salut
Provolona
Reggiano
Romano
Roquefort
Sage
Stilton
Swiss

CRACKERS

Arrowroot
Butter-thins
Milk
Saltines
Soda
Water-thins

BEVERAGES

Coffee
Tea
Chocolate
Cocoa
Milk
Malted Milk
Postum or other coffee substitute
Buttermilk
Water

CONDIMENTS, PICKLES, ETC.

Beet
  Pickles
  Relish
Cabbage, Red
  pickled
Catsup,
  Anchovy
  Grape
  Mushroom
  Tomato
  Walnut
Celery Relish
Chili Sauce
Chow Chow
Chutney
Cucumber Pickles
Dill Pickles
Gherkins
  sour
  sweet
Harvey's Sauce
Horseradish
Mint Sauce
Mixed Pickle
  sour
  sweet
Mushrooms, Pickled
Mustard
Mustard Pickles
Olives, Green
  plain
  stuffed
Olives, Ripe
Onions, Pickled
Oscar's Sauce
Peaches, Sweet Pickled
Pepper
  black
  cayenne
  white
Piccalili
Spiced Currants
Spiced Grapes
Sweet Tomato Pickle
Tabasco
Tomato and Celery Relish
Tomato, Green, Pickle
Tomato, Ripe, Pickle
Vinegar
  Cider
  Horseradish
  Mint
  Raspberry
  Wine
Walnuts, Pickled
Worcestershire Sauce

WHAT SHALL WE HAVE FOR DINNER

APPETIZERS

Anchovies
Cervelotwurst
Clam Cocktail
Clams on the half-shell
Crab-meat Cocktail
Fruit Cocktail
Grapefruit
Lobster Cocktail
Oyster Cocktail
Oysters on the half-shell
Pimentoes
Salami
Sardelles
Shrimp Cocktail

SOUPS

Asparagus Soup
  plain
  cream of
Barley Soup
  cream of
Bean Soup
Beef Soup
Bouillon
Broth
  Beef
  Chicken
  Clam
  Fish
  Lamb
  Mutton
  Scotch
Carrot Soup
  cream of
Cauliflower Soup
  cream of
Celery Soup
  plain
  cream of
Cheese Soup
Chicken Soup
  plain
  cream of
Chicken Gumbo Soup
Chowder
  Corn
  Clam
  Fish
Clam Soup
Consommé
  plain
  with noodles
  with rice
  with sago
  with tapioca
Consommé Jelly
Corn Soup
  cream of
Crab-meat Soup
  cream of
Fish Soup
Gumbo Soup
Julienne Soup
Lobster Soup
  cream of
Mock-turtle Soup
Mushroom Soup
  cream of
Mutton Soup
Okra Soup
Onion Soup
  cream of
Oxtail Soup
Oyster Soup
  cream of
Pea Soup, Green
  cream of
Pea Soup, Split
Potato Soup
Puree of
  Artichoke
  Asparagus
  Barley
  Chicory
  Cucumber
  Green Peas
  Parsnip
  Potato
  Spinach
  String Bean
  Tomato
Rice Soup
  cream of
Spinach Soup
  cream of
Tomato Soup
  plain
  cream of
Turnip Soup
Turtle Soup
Veal Soup
Vegetable Soup
Venison Soup

FISH

Bass
- au gratin
- baked
- boiled
- broiled
- fried
- in timbales

Blackfish
- broiled

Bloaters
- broiled
- on toast

Bluefish
- baked
- boiled

Butterfish
- fried

Carp
- baked
- boiled
- steaks, broiled
- steaks, fried

Clams
- baked
- croquettes
- fried
- fritters
- steamed

Codfish
- baked
- boiled
- creamed
- cutlets or steaks

Crabs, Hard-Shelled
- a la Creole
- a la Newburg
- au gratin
- deviled
- scalloped

Crabs, Soft-Shelled
- broiled
- fried

Eels
- boiled
- fried

Eels
- jellied
- stewed

Flounders or Fluke
- baked
- broiled
- fillet
- fried
- souchet

Frogs' Legs
- fried
- stewed

Frost-Fish or Tom-Cod
- fried
- broiled

Grayling
- baked
- broiled
- fried

Haddock, Fresh
- baked
- broiled
- fried

Halibut
- au gratin
- baked
- boiled
- fillet
- steak, broiled
- steak, fried

Kingfish
- boiled
- broiled
- fried

Lobster
- a la Maryland
- a la Newburg
- baked
- boiled
- broiled
- croquettes
- cutlets
- deviled
- en brochette

Mackerel
- baked
- boiled
- broiled
- fillet
- fried

Mullet
- boiled
- broiled
- fried

Mussels
- mariniert
- steamed
- stuffed

Oysters
- a la Maryland
- a la Newburg
- baked
- broiled
- deviled
- en brochette
- fried
- rolled in bacon
- scalloped

Perch
- boiled
- broiled
- fried

Pike
- baked
- boiled

Pompano
- broiled
- fried

Porgies
- broiled
- fried

Prawns
- a la Creole
- curry of

Red Snapper
- baked
- boiled
- fillet

FISH

Salmon
- au gratin
- baked
- boiled
- creamed
- croquetes
- cutlets or steaks, broiled
- cutlets or steaks, fried
- fillet
- scalloped

Sardines
- in oil
- broiled
- deviled
- with tomato sauce

Scallops
- baked
- broiled
- deviled
- fried

Shad
- baked
- boiled
- broiled
- fried
- planked

Shad Roe
- broiled
- fried

Shrimps
- a la Newburg
- creamed

Skate
- boiled
- (small) fried

Smelts
- baked
- broiled
- fried

Sole
- au gratin
- baked
- boiled

Sole
- broiled
- creamed
- fillet
- fried

Sturgeon
- baked
- cutlets, broiled
- cutlets, fried

Swordfish Steaks
- broiled
- fried

Terrapin
- a la Maryland
- stewed

Tom-cod: see Frost-fish

Trout
- baked
- broiled
- fried

Tuna Fish

Weakfish
- baked
- boiled

Whitebait
- fried

Whiting
- baked
- boiled
- broiled
- fried

SAUCES FOR FISH

Anchovy
Butter
Caper
Cream
Hollandaise
Horseradish
Lobster
Mustard
Parsley
Shrimp
Tartar
Tomato
White

ENTREES

Beef
curry of
fritters
Beef Liver
minced on toast
Beef Tongue
Calf's Brain
Calf's Head
a la Vinaigrette
Calf's Liver
minced
Calf's Tongue
Chicken
a la Maryland
broiled
creamed
curry of
fricasseed
fried
in jelly
minced on toast
Chicken Livers
broiled
fried with onions
stewed with mushrooms
Croquettes
Beef
Beef and Rice
Banana
Cheese
Chestnut
Chicken
Lamb
Lentil
Oyster and Macaroni
Pork
Rice
Rice and Tomato
Salmon
Sweetbread
Turkey
Veal
Fritters
Apple
Banana
Fritters
Cauliflower
Celery
Cherry
Clam
Orange
Sardines
Tomato
Kidneys, Lamb
broiled
en brochette
Lamb
curry of
fricasseed
minced on toast
Lamb's Liver
baked with Salt Pork and Onions
minced
Lamb's Tongue
pickled
Mutton
minced on toast
Pate de foie gras
Pork, Salt
creamed
Quail
broiled
Reed Birds
broiled
Sweetbreads
braised
broiled
Turkey
fricasseed
minced on toast
Veal
curry
fricasseed
minced on toast

ROASTS

MEATS

Beef
a la mode
braised
fillet, larded
plain roast
pot roast
Beef, Corned
boiled
Beef or **Ox Tongue**
Ham
Fresh
Smoked
Virginia
Lamb or **Mutton**
breast of
leg of
loin of, rolled and braised
loin of, rolled and baked
saddle of
shoulder of, braised
shoulder of, stuffed
Pork
loin of
Spare-ribs, Fresh
Suckling Pig
Veal
breast of
leg of
loin of
neck of, braised
shoulder of
Venison

POULTRY

Capon
Chicken
Duck, Domestic
Duck, Wild
Duckling
Goose

ROASTS

Gosling
Grouse
Guinea Hen
Quail
Partridge
Pheasant
Pigeons
Plover
Prairie Hen
Squabs
Turkey

STEAKS, CHOPS, AND CUTLETS

To Be Broiled or Fried

Beef Steak
- flank
- flat-bone
- porterhouse
- round
- sirloin
- tenderloin or fillet mignon

Lamb Chops
- leg
- loin
- rib
- shoulder
- double lamb chop or English mutton chop

Ham Steak

Pork Chops
- loin
- rib

Pork Tenderloin

Veal Chops
- loin
- rib

Veal Cutlet
- plain
- breaded

Venison Steak

VEGETABLES

Artichokes
- boiled
- creamed
- fried
- mashed
- stuffed

Asparagus
- with butter
- with Hollandaise Sauce
- with White Sause

Beans, Dried
- baked
- boiled

Beans, Green or String

Beans, Lima, Dried
- boiled
- creamed

Beans, Lima, Fresh

Beans, Red or Kidney
- boiled
- with rice

Beet-greens
- boiled

Beets
- buttered
- stuffed
- with sour sauce

Brussels Sprouts
- creamed
- scalloped

Cabbage
- au gratin
- boiled
- braised
- creamed
- hot slaw

Carrots
- buttered
- creamed
- mashed

Carrots and Peas

Cauliflower
- plain
- a la Parmesan

Cauliflower, *continued*
- au gratin
- cream sauce
- curried
- Hollandaise Sauce

Celery
- creamed
- fried
- stewed

Celery and Macaroni
- stewed

Corn
- on the ear
- fritters
- scalloped
- stewed

Cucumbers
- fried
- stewed
- stuffed

Dandelion Greens
- boiled

Eggplant
- baked
- en casserole
- fried
- scalloped
- stuffed

Kohl-Rabi
- stewed

Leeks

Lentils
- boiled

Macaroni
- a la Italienne
- au gratin
- baked with tomatoes
- boiled
- with cream sauce
- with mushrooms
- with tomato sauce

Mushrooms
- baked
- broiled

VEGETABLES

Mushrooms, *continued*
creamed
fried
sauted
stewed
Nudels (Noodles)
Okra
boiled
scalloped
Onions
baked
boiled
fried
French fried
scalloped
stuffed
Oysterplant or Salsify
creamed
fritters
scalloped
stewed
Parsnips
baked
boiled
candied
fried
fritters
mashed
Peas, Dried
Peas, Green
boiled
creamed
Peppers, Green
boiled
stuffed
Potatoes, White
a la Hollandaise
au gratin
baked, new
baked, old
boiled, new
boiled, old
cakes
chips
croquettes

Potatoes, White, *continued*
deviled
Franconia
fried
French fried
fritters
hashed and baked
hashed brown
Julienne
Lyonnaise
mashed
O'Brion
Parisian
stuffed
Potatoes, Sweet
au gratin
baked
boiled
candied
fried
grilled
Rice
au gratin
boiled
croquettes
Sauerkraut
Spaghetti
a la Italienne
au gratin
baked with tomatoes
boiled
with mushrooms
with tomato sauce
Spinach
boiled
creamed
Squash
baked
boiled
fried
Succotash
Tomatoes, Green
fried
Tomatoes, Ripe
baked

Tomatoes, Ripe, *continued*
broiled
creamed
deviled
scalloped
stewed
stuffed with bread
stuffed with mushrooms
Turnips
au gratin
boiled
creamed
mashed
Yams
baked
boiled

SALADS

Alligator Pear Salad
Anchovy Salad
Apple Salad
Apple and Cucumber Salad
Artichoke Salad
Asparagus and Chicory Salad
Asparagus and Lettuce Salad
Asparagus, Peas, Beans, and Carrots Salad
Banana Salad
Beans (Lima) Salad
Beans (String) Salad
Beet and Cabbage Salad
Beet and Lettuce Salad
Beet and Onion Salad
Beet-tops Salad
Brussels Sprouts Salad
Cabbage Salad
Cauliflower Salad
Carrot and Dandelion Salad
Carrot and Watercress Salad
Celery Salad
Celery and Almond Salad
Cherry and Pineapple Salad
Chicory Salad
Cole Slaw
Cream Cheese and Pimento Salad
Cucumber Salad
Cucumber and Onion Salad
Cucumber and Tomato Salad
Dandelion Salad
Endive Salad
Fruit Salad
Grapefruit Salad
Lettuce Salad
Lettuce and Dandelion Salad
Lettuce and Tomato Salad
Malaga Grape Salad
Mushroom Salad
Onion Salad
Orange and Malaga Grape Salad
Orange and Tomato Salad
Pear Salad
Pear and Cherry Salad
Peas (Green) Salad
Pineapple Salad
Pineapple and Cream Cheese Salad
Radishes and Cucumber Salad
Radishes and Spring Onions Salad
Romaine Salad
Spinach and Egg Salad
Sweet-Pepper Salad
Tomato Salad
Tomato and Artichoke Salad
Tomato and Cucumber Salad
Tomato and Green Pepper Salad
Tomato and Onion Salad
Tutti Frutti Salad
Waldorf Salad
Watercress

SALAD DRESSINGS

Boiled Dressing
Cream Dressing
French Dressing
French Chiffonade Dressing
French Thousand Island Dressing
Mayonnaise Dressing
Russian Dressing
Thousand Island Dressing

See also Salads under Luncheon

BREAD

Bread Sticks
Dinner Rolls
French Bread
Graham Bread
Gluten Bread
Milk Bread
Oatmeal Bread
Rye Bread
White Bread
Whole Wheat Bread

DESSERTS

PUDDINGS

Apple Pudding
Apple and Rice Pudding
Apple Tapioca Pudding
Arrowroot Pudding
Banana Pudding
Bavarian Cream, Coffee
Bavarian Cream, Strawberry
Blanc Mange
Bread Pudding
Brown Betty
Cabinet Pudding
Caramel Pudding
Chocolate Bread Pudding
Chocolate Pudding
Chocolate Souffle
Cornstarch Pudding
Cottage Pudding
Custard
  plain
  caramel
  coffee
  peach meringue
Custard Souffle
Farina Pudding
Fig Pudding
Gelatine
  plain
  with fruit
Graham Pudding
Indian Pudding
Jelly
  cherry
  coffee
  lemon
  orange
  raspberry
  strawberry
Junket
Lemon Cream Pudding
Lemon Souffle
Mocha Souffle
Orange Pudding
Peach Pudding
Peach Tapioca Pudding
Pineapple Pudding
Plum Pudding
Poor Man's Pudding
Prune Pudding
Raisin Pudding
Rice Pudding
  plain
  with eggs
  with raisins
Sago Pudding
Snow Pudding
Suet Pudding
Tapioca Pudding

PUDDING SAUCES

Caramel Sauce
Chocolate Sauce
Cream Sauce
Custard Sauce
Hard Sauce
Lemon Sauce
Molasses Sauce
Orange Sauce
Strawberry Sauce
Vanilla Sauce

PIES

Apple Pie
Apple Meringue Pie
Apricot Pie
Blackberry Pie
Blueberry Pie
Cherry Pie
Chocolate Cream Pie
Cocoanut Custard Pie

DESSERTS

Cranberry Pie
Cream Pie
Custard Pie
Date Pie
Huckleberry Pie
Lemon Pie
Lemon Meringue Pie
Macaroon Custard Pie
Mince Pie
Peach Meringue Pie
Prune Pie
Pumpkin Pie
Raisin Pie
Rhubarb Pie
Squash Pie
Sweet Potato Pie

TARTS

Apple
Apricot
Cherry
Cocoanut
Currant, Green
Currant, Red
Custard
Gooseberry
Peach
Plum
Rhubarb

FROZEN DESSERTS

Almond Ice Cream
Almond Mousse
Banana Ice
Banana Ice Cream
Banana Sherbet
Banana Mousse
Biscuit Tortoni
Blackberry Ice
Blackberry Mousse
Caramel Ice Cream
Caramel Mousse
Cherry Ice
Cherry Ice Cream
Cherry Mousse
Cherry Sherbet
Coffee Ice Cream
Coffee Mousse
Currant Ice
Custard
Fig Ice Cream
Ginger Ice Cream
Grape Ice
Grape Sherbet
Grape Mousse
Lemon Ice
Lemon Ice Cream
Lemon Sherbet
Lemon Mousse
Macaroon Ice Cream
Maple Ice Cream
Maple Mousse
Maraschino Ice
Milk Sherbet
Mint Ice
Neapolitan Ice Cream
Nesserole Pudding
Orange Ice
Orange Ice Cream
Orange Sherbet
Orange Mousse
Peach Ice
Peach Ice Cream
Peach Mousse
Pineapple Ice
Pineapple Ice Cream
Pineapple Sherbet
Pineapple Mousse
Pistachio Ice Cream
Pistachio Mousse
Raspberry Ice
Raspberry Sherbet
Raspberry Mousse
Raspberry and Currant Ice
Strawberry Ice
Strawberry Ice Cream
Strawberry Sherbet
Strawberry Mousse
Tutti Frutti
Vanilla Ice Cream

SAUCES FOR ICE CREAM

Caramel Sauce
Chocolate Sauce
Coffee Sauce
Fruit Sauce
Strawberry Sauce

FRUITS

Apples
  baked
  stewed
Banana
  baked
  sauted
  uncooked
Blackberries with Cream
Compote of
  Pears
  Pineapple
  Plums
  Prunes
  Strawberries
Grapefruit
Grapes
Melons
  Cantaloupe
  Cassaba Melon
  Honeydew Melon

DESSERTS

Oranges
Peaches
  baked
  uncooked
Pears
  baked
  uncooked
Quinces
  baked
  stewed
Raspberries and Cream
Strawberries and Cream

LOAF CAKES

Almond Cake
Angel Cake
Applesauce Cake
Banana Layer Cake
Bride's Cake
Buttermilk Cake
Chocolate Cake
Chocolate Layer Cake
Citron Cake
Cocoanut Layer Cake
Cocoanut Loaf Cake
Coffee Cake
Currant Cake
Date Cake
Devil's Food
Dried Apple Cake
Fig Cake
Filbert Cake
Fruit Cake
Fudge Cake
Ginger Cake
Gold Cake
Huckleberry Cake
Jelly Roll
Lady Baltimore Cake
Lightning Cake
Marbled Cake
Mocha Cake
Molasses Layer Cake
Nut Cake
Orange Cake
Pineapple Cake
Plain Cake
Pound Cake
Ribbon Cake
Silver Cake
Spiced Nut Cake
Sponge Cake
Sunshine Cake
Tutti-frutti Cake
White Mountain Cake

FILLINGS AND FROSTINGS FOR CAKES

Almond Paste
Caramel Frosting
Chocolate Filling
Chocolate Frosting
Cocoanut Filling
Cream Filling
  chocolate
  coffee
  lemon
  vanilla
Fig Filling
Fruit Filling
Lemon Filling
Maple Sugar Frosting
Marshmallow Paste
Mocha Frosting
Nut Filling
Nut Caramel Frosting
Orange Filling
Orange Frosting
Pistachio Paste

SMALL CAKES

Anise-Seed Cakes
Cup Cakes
Fig Newtons
Huckleberry Cup Cakes
Lady Fingers
Marguerites
Molasses Drop Cakes
Nut Cup Cakes
Spiced Cup Cakes
Social Tea Biscuits
Sour Milk Cup Cakes
Sponge Cakes
Sponge Drop Cakes

COOKIES

Cocoanut Snaps
Filled Cookies
Ginger Snaps
Hermits
Jumbles
Lemon Snaps
Macaroons
Molasses Drop Cookies
Oatmeal Cookies
Peanut Wafers
Rice Cakes
Spiced Wafers
Sugar Cookies
Vanilla Wafers
Walnut Wafers

OTHER DESSERTS

Charlotte Russe
  Maple
  Vanilla
Cream Puffs
  Almond filling
  Lemon filling
  Orange filling
  Whipped cream filling

DESSERTS

- Crullers
  - American
  - French
- Dumplings
  - Apple
  - Banana
  - Berry
  - Blueberry
  - Huckleberry
  - Peach
  - Pear
- Eclairs
  - Chocolate
  - Coffee
  - Maple
  - Vanilla
- Napoleons
- Shortcakes
  - Old-fashioned
  - French
  - (Any Seasonable Fruit)

CHEESE

- American or Store
- Brie
- Camembert
- Cheddar
- Cottage
- Cream
- Edams
- English Dairy
- Gervais
- Gongonzola
- Gouda
- Gruyere, Swiss
- Liederkranz
- Limburger
- Liptower
- Muenster
- Neufchatels
- Nippy
- Parmesan
- Pimento
- Pineapple
- Port du Salut
- Provolona
- Reggiano
- Romano
- Roquefort
- Sage
- Stilton
- Swiss

CRACKERS

- Arrowroot
- Butterthins
- Milk
- Saltines
- Soda
- Water-thins

BEVERAGES

- Coffee
- Tea
- Chocolate
- Cocoa
- Milk
- Malted Milk
- Postum or other coffee substitute
- Buttermilk
- Water

CONDIMENTS, PICKLES, ETC.

- Beet
  - Pickled
  - Relish
- Cabbage, Red
  - Pickled
- Catsup
  - Anchovy
  - Grape
  - Mushroom
  - Tomato
  - Walnut
- Celery Relish
- Chili Sauce
- Chow Chow
- Chutney
- Cucumber Pickles
- Dill Pickles
- Gherkins
  - sour
  - sweet
- Harvey's Sauce
- Horseradish
- Mint Sauce
- Mixed Pickle
  - sour
  - sweet
- Mushrooms, Pickled
- Mustard
- Mustard Pickles
- Olives, Green
  - plain
  - stuffed
- Olives, Ripe
- Onions, Pickled
- Oscar's Sauce
- Peaches, Sweet Pickled
- Pepper
  - black
  - cayenne
  - white
- Piccalili
- Spiced Cherries
- Spiced Currants
- Spiced Grapes
- Sweet Tomato Pickle
- Tabasco
- Tomato and Celery Relish
- Tomato, Green, Pickle
- Tomato, Ripe, Pickle
- Vinegar
  - Cider
  - Horseradish
  - Mint
  - Raspberry
  - Wine
- Walnuts, Pickled

ONE-DISH DINNERS

ONE-DISH DINNERS

Cooked in **one** pot, served on **one** platter, eaten from **one** plate for each person —these dinners save time and steps for the housewife. They are hot and savory and the family will like them; they are good, nourishing food, containing all that is needed to replace worn out tissue and used-up energy in adults and to promote growth in children.

Beef Stew
Chicken Stew
Dried Peas with Rice and Tomatoes
Fish Chowder
Hungarian Goulash
Irish Stew
Kidney Stew
Lamb Stew
Mutton Stew
New England Boiled Dinner
Pig's Knuckles and Sauerkraut
Pork Stew
Rabbit Stew

Rice, Hominy, or Dumplings may be used in any of these dishes, thus adding to the number of one-dish dinners.

Lining a deep dish with pastry, putting in the left-over stew, adding a top crust, and baking will give still more one-dish dinners.

WHAT SHALL WE FEED THE CHILDREN

DIETARY OF A GROWING CHILD

BY S. JOSEPHINE BAKER, M.D. (REVISED)

From the Twelfth to the Eighteenth Month

6:30. *First Meal*—(1) On rising: 1 to 2 ounces juice of a sweet orange, or pulp of 6 stewed prunes, or 1 ounce pineapple juice. (2) 8 ounces milk with either zwieback, or toasted biscuits, or stale toasted bread. (3) A cereal. Note: Fruit must be given not less than either one-half hour before or one-half hour after milk.

10:30. *Second Meal*—During forenoon: Milk alone or with zwieback.

2:00. *Noon Meal*—(1) 6 ounces soup, or 3 ounces beef-juice. Note: Soup may be made of chicken, beef or mutton. (2) Stale bread may be added to the above. (3) A vegetable.

Fourth Meal—Afternoon—Milk, or toasted bread and milk.

6:00. *Evening Meal*—(1) 4 ounces thick gruel mixed with 4 ounces top half milk; taken with zwieback. Note: Gruel may be made of oatmeal, farina, barley, hominy, wheatena, or rice. (2) Apple-sauce or prune jelly.

Total milk in 24 hours, 1 to 1¼ quarts.

Note: 8 ounces is equal to a half-pint.

From the Eighteenth to the Twenty-fourth Month

Breakfast—(1) Juice of 1 sweet orange or pulp of 6 stewed prunes or pine-apple juice (fresh or bottled), 1 ounce. (2) A cereal, such as cream of wheat, oatmeal, farina, or hominy preparations with top milk (top 16 ounces), sweetened or salted. A glass of milk, bread and butter. Note: If constipated, give the fruits one-half hour before breakfast with water; if not, they may be given during the forenoon. Raw fruit juice must be given either one-half hour before or one-half hour after milk.

Forenoon—A glass of milk with two toasted biscuits or zwieback or graham crackers.

Dinner—(1) Broth or soup made of beef, mutton or chicken, and thickened with peas, farina, sago, or rice, or beef-juice with stale breadcrumbs, or clear vegetable soup with yolk of egg, or egg soft boiled, with breadcrumbs, or the egg poached, with a glass of milk. (2) Dessert: Apple-sauce, prune-pulp, with stale lady fingers or graham wafers, or plain puddings; rice, bread, tapioca, blanc-mange, junket, or baked custard.

Supper—Glass of milk, warm or cold; zwieback and custard or stewed fruit.

Total milk in 24 hours, 1½ quarts.

From Two to Three Years

Breakfast—(1) Juice of 1 sweet orange, or pulp of 6 stewed prunes, or 1 ounce pineapple juice (fresh or bottled) or apple-sauce. (2) A cereal, such as oatmeal, farina, cream of wheat, hominy or rice, slightly sweetened or salted as preferred, with the addition of top milk (top 16 ounces), or a soft boiled or poached egg with stale bread or toast. (3) A glass, of milk. Note: If constipated, give the fruits one-half hour before breakfast with water; if not, they may be given during the forenoon. Milk and raw fruit juice should under no circumstances be given at the same meal.

Dinner—(1) Broth or soup made of chicken, mutton or beef, thickened with arrowroot, split peas, rice, or with addition of the yolk of an egg or toast squares. (2) Scraped beef or white meat of chicken or broiled fish (small amount), or mashed or baked potato with fresh peas, or spinach or carrots. (3) Dessert:

Apple-sauce, baked apple, rice pudding, junket, or custard.

Supper—(1) A cereal or egg (if egg is not taken with breakfast) with stale bread or toast; or bread and milk, or toast and cocoa, or bread and custard. (2) Stewed prunes or some other stewed fruit.

From Three to Six Years

Breakfast—(1) Fruits: An orange, apple, pear, or stewed prunes. (2) Cereal: Oatmeal, hominy, rice, or wheat preparations, well-cooked and salted, with thin cream and sugar; or egg: soft-boiled, poached, in omelet or scrambled. (3) Milk or cocoa.

Dinner—(1) Soup: Beef, chicken, or mutton. (2) Meat: Chicken or beefsteak or roast beef or lamb chops or fish. (3) Vegetables: Spinach or carrots or string beans, peas, cauliflower tops, mashed or baked potatoes, beets or lettuce (without vinegar). Macaroni, spaghetti. Bread and butter—not fresh bread or rolls. (4) Dessert: Custard, rice, bread, or tapioca pudding, ice-cream (once a week), cornstarch pudding (chocolate or other flavor), stewed prunes or baked-apple.

Supper—(1) Milk-toast or graham crackers and milk; or a thick soup, as pea, or cream of celery with bread and butter; or a cereal and thin cream with bread and butter. (2) Stewed fruit, custard or a plain pudding; jam or jelly.

SAMPLE DIET FOR A WEEK FOR CHILDREN 7 TO 12 YEARS

WINTER

Toward spring, when eggs are abundant, they may be given more frequently, replacing some meat and milk. Cottage cheese should be made at home or the best grade purchased and used only when fresh.

BREAKFAST

First Day—
Oatmeal, ⅔ cup, with milk.
Bread and **butter**, 2 to 3 slices.
Baked apple, 1.
Milk to drink, 1 glass.

Second Day—
Hominy, ⅔ cup, with milk.
Bread and **butter**, 2 to 3 slices.
Bacon, 1 slice.
Cocoa with milk, 1 cup.

Third Day—
Corn meal, ½ to ⅔ cup, with milk.
Toast and **butter**, 2 to 3 slices.
Apple sauce, 2 to 4 tablespoonfuls.
Milk to drink, 1 glass.

Fourth Day—
Oatmeal, ⅔ cup, with milk.
Bread and **Butter**, 2 to 3 slices.
Stewed prunes or **figs**, 3 or 4.
Cocoa with milk, 1 glass.

Fifth Day—
Force or **corn cakes**, 1 to 2 cups, and milk.
Bread and **butter**, 2 to 3 slices.
Soft egg and **bacon**, 1.
Milk to drink, 1 glass.

Sixth Day—
Pettijohn or **malt breakfast food**, ⅔ cup, with milk.
Bread and **butter**, 2 to 3 slices.
Soft egg; **milk** to drink, 1 glass.

Seventh Day—
Corn meal, ⅔ cup, with milk.
Toast and **butter**, 2 to 3 slices.
Stewed dried peaches, 2 to 3 tablespoonfuls.
Cocoa with milk, 1 cup.

DINNER

First Day—

Roast lamb, small slice; baked potatoes.
Beets, onions, or oyster plant, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Rice pudding, 2 to 3 tablespoonfuls.

Second Day—

Vegetable soup, with carrots, beans, onions, 1 cup.
Spinach with poached egg, 2 to 3 tablespoonfuls.
Corn bread and butter, 2 to 3 slices.
Dates, 4 or 5.

Third Day—

Rice and meat loaf, small portion.
Stewed celery or cauliflower, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.
Baked Indian pudding, 2 tablespoonfuls.

Fourth Day—

Beef stew with vegetables, small portion.
Bread and butter, 3 to 4 slices.
Rice pudding or custard, 2 to 3 tablespoonfuls.

Fifth Day—

Chicken, small slice; potato soup with milk, 2 to 3 cups.
Creamed carrots or onions, 2 to 3 tablespoonfuls.
Ginger bread and thin cream, 1 small piece.
Bread and butter, 2 to 3 slices.

Sixth Day—

Creamed or fresh broiled fish, small portion.
Baked sweet potato, 1.
Bread and butter, 2 to 3 slices.
Baked apple, 1.

Seventh Day—

Lamb stew with vegetables, small portion.
Boiled potato, 1.
Bread or rice pudding, 2 to 3 tablespoonfuls.
Bread and butter, 2 to 3 slices.

SUPPER

First Day—

Scrambled egg, 1.
Bread and butter, 2 to 3 slices.
Oatmeal cookies, 1 to 2.
Milk to drink, 1 glass.

Second Day—

Baked potato, 1.
Bread and butter, 2 to 3 slices.
Stewed apricots, 2 to 3 tablespoonfuls.
Cottage cheese, 1 tablespoonful.

Third Day—

Rice and milk, ½ cup.
Baked banana, 1.
Fruit cookies, 1 to 2.
Bread and butter, 3 to 4 slices.

Fourth Day—

Corn bread and sirup, 2 to 3 pieces.
Soft egg.
Bread and butter, 2 to 3 slices, and peanut butter, ½ tablespoonful.
Cocoa with milk, 1 glass.

Fifth Day—

Milk toast, 2 to 3 slices.
Cottage cheese, 1 tablespoonful.
Stewed prunes, 4 to 5.
Cookies, 1 to 2.
Milk to drink, 1 glass.

Sixth Day—

Spinach or bean soup, 1 cup.
Baked potato, 1.
Corn bread and butter, 2 pieces.
Milk to drink, 1 glass.

Seventh Day—

Celery soup with milk, 1 cup.
Bread and butter, 2 to 3 slices.
Custard or junket, ½ cup.
Ginger cookies, 1 to 2.
Milk to drink, 1 glass.

SUMMER

For the younger children use more milk and less meat.

BREAKFAST

First Day—

Oatmeal, ½ to ¾ cup, with milk.
Stewed fruit, 2 to 3 tablespoonfuls.
Bread and **butter,** 2 to 3 slices.
Milk to drink, 1 glass.

Second Day—

Force or **corn flakes,** 1 cup, with milk.
Egg.
Brown bread and **butter,** 2 to 3 slices.
Milk to drink, 1 glass.

Third Day—

Hominy, ½ to ¾ cup, with milk.
Toast and **butter,** 2 to 3 slices.
Baked banana, 1.
Milk to drink, 1 glass.

Fourth Day—

Corn meal, ½ to ¾ cup, with sirup.
Scrambled egg, 1.
Bread and **butter,** 2 to 3 slices.
Milk to drink, 1 glass.

Fifth Day—

Shredded wheat, 1, with milk.
Corn bread and **butter,** 2 pieces.
Apple sauce or **stewed pears,** 2 to 3 tablespoonfuls.
Milk to drink, 1 glass.

Sixth Day—

Force or **corn flakes,** 1 to 2 cups, with milk.
Poached egg on **toast.**
Brown bread and **butter,** 2 to 3 slices.
Milk to drink, 1 glass.

Seventh Day—

Rice, ½ cup, with milk.
Bread and **butter,** 2 to 3 slices.
Stewed fruit, 2 to 3 tablespoonfuls.
Milk to drink, 1 glass.

DINNER

First Day—

Lamb stew, with **vegetables,** small portion.
Squash or **string beans,** 2 to 3 tablespoonfuls.
Bread and **butter,** 2 to 3 slices.
Bread pudding, 2 tablespoonfuls.

Second Day—

Chicken with **rice,** small portion.
Mashed potato, 2 to 3 tablespoonfuls.
Dandelion greens, or **boiled onions,** 2 to 3 tablespoonfuls.
Stewed fruit, 2 to 3 tablespoonfuls.
Bread and **butter,** 2 to 3 slices.

Third Day—

Bacon, 1 slice.
Poached egg and **spinach.**
Spaghetti with **tomatoes,** 2 to 3 tablespoonfuls.
Green peas or **string beans,** 2 to 3 tablespoonfuls.
Bread and **butter,** 1 to 2 slices.
Rice pudding, 1 to 2 tablespoonfuls.

Fourth Day—

Hamburg steak, 1 small ball.
Stewed potatoes, 2 to 3 tablespoonfuls.
New beets and **beet-top greens,** 2 to 3 tablespoonfuls.
Stewed fruit, 2 to 3 tablespoonfuls.
Bread and **butter,** 2 to 3 slices.

Fifth Day—

Fish or **clam chowder,** ¾ cup, or **egg.**
New beets or **spinach,** 2 to 3 tablespoonfuls.
Boiled potato.
Bread and **butter,** 2 to 3 slices.
Custard or **junket,** ½ cup.

Sixth Day—
Lamb hash or **veal cutlet**, small portion.
String beans, 2 tablespoonfuls.
Baked potato.
Bread and **butter**, 2 to 3 slices.
Apple sauce, 2 to 4 tablespoonfuls.

Seventh Day—
Dried pea or **bean soup**, 1 cup.
Baked potato.
Bread and **butter**, 2 to 3 slices.
Lima beans or **new beets**, 2 tablespoonfuls.
Ice cream or **fruit sherbet**, 2 tablespoonfuls.

SUPPER

First Day—
Potato soup, with milk, 1 cup.
Poached egg on **toast.**
Brown bread and **butter**, 2 to 3 slices.
Stewed prunes, 4 to 5.
Milk to drink, 1 glass.

Second Day—
Spinach soup with milk, 1 cup.
Corn bread and **sirup**, 2 to 3 pieces.
Cottage cheese, 1 level tablespoonful.
Ginger cookies, 1.

Third Day—
Corn flakes, 1 to 2 cups, with milk.
Puree of **lima beans**, ⅔ cup.
Ginger cookies, 1 to 2.
Milk to drink, 1 glass.

Fourth Day—
Milk toast or **rice**, 1 cup, with milk.
Baked potato, 1.
Bread and **butter**, 2 to 3 slices.
Milk to drink, 1 glass.

Fifth Day—
Oatmeal soup, 1 cup.
Squash, **chard**, or **carrots**, 2 to 3 tablespoonfuls.
Stewed fruit, 2 to 4 tablespoonfuls.
Bread and **butter**, 2 slices.
Milk to drink, 1 glass.
Plain cookies, 1.

Sixth Day—
Rice and **milk**, ⅔ cup.
Corn bread and **butter**, 2 slices.
Ginger cookies, 1 to 2.
Milk to drink, 1 glass.

Seventh Day—
Baked potato, 1.
Poached egg on **toast**, 1.
Stewed prunes, 4 to 5.
Plain cookies, 1 to 2.
Milk, 1 glass.

MENU FOR THE SCHOOL LUNCH-BOX

1. **Sandwiches:** which form the best staple, made of stale bread and filled with finely-chopped boiled eggs well but mildly seasoned; a nut paste, as peanut butter softened with milk or cream; a dried fruit paste, made of chopped dates or figs. These kinds are all suitable for the younger chilren; for the older ones, chopped meat, cheese, jellies, and jams are also desirable.

2. **Fruit:** which is appetizing and carries well. The varieties mentioned for breakfast on page 10 are suitable, also cooked fruit if it can be carried, as apple-sauce, stewed raisins, pears, etc. Tomatoes may take the place of other fruit when liked.

3. **A sweet:** as baked custard, plain cookies, sponge cake.

4. **Milk** or **fruit juice to drink** if it can be carried.

For the older children, stuffed eggs mildly seasoned, nuts, sweet chocolate, baked beans, crusty rolls filled with potato or other simple salad, help to give variety.

FOOD BETWEEN MEALS

Habits of regularity are essential to good nutrition. Not only should meals be taken at the same time each day, but they should be of about the same relative weight from day to day. If dinner is eaten at night during the week, it should not be shifted to noon on Sundays and holidays without taking into consideration possible disturbances in the even course of digestion. Eating between meals is to be absolutely discountenanced. It would be a good thing if all food could be locked up in the intervals so that no one would be tempted. If children are regularly hungry between stated meals, something should be provided for them which does not tempt to eating merely for the sake of the flavor, and which is naturally easy to digest. Milk, dry bread, crackers, and ready-to-eat breakfast foods answer the purpose admirably. Mild fresh fruits are allowable if children are well and strong.

By thus limiting this in-between meal to one or two simple foods, it will be naturally discontinued when no positive need for it exists, while no child who really needs food will have to go hungry.

WHAT SHALL WE TAKE ON THE PICNIC

SANDWICHES

Use white bread, rye bread, brown bread, or crackers.

American Cheese Sandwich
American Cheese and Anchovy Sandwich
American Cheese and Chili Sauce Sandwich
American Cheese and Nut Sandwich
Anchovy Sandwich
Banana and Nut Sandwich
Beef and Dill Pickle Sandwich
Beefsteak Sandwich
Boston Brown Bread and Chopped Peanut Sandwich
Boston Brown Bread and Grated Cheese Sandwich
Bread and Butter Sandwich (no Filling)
Calf's Liver Sandwich
Canton Ginger Sandwich
Caviar Sandwich
Celery Sandwich
Celery and Uncooked Cabbage Sandwich
Chicken and Nut Sandwich
Chicken and Tomato Sandwich
Chicken Liver Sandwich
Chicken Salad Sandwich
Chopped Fig Sandwich
Chopped Meat and Pickles Sandwich
Chopped Nuts and Dates Sandwich
Chopped Olives and Celery Sandwich
Chopped Ripe Olives and Walnut Sandwich
Club Sandwich
Crab-meat and Grated Cheese Sandwich
Crab-meat and Pimento Sandwich
Cream Cheese and Lettuce Sandwich
Cream Cheese and Peanut Butter Sandwich
Cream Cheese and Pimento Sandwich
Cream Cheese and Olive Sandwich
Cream Cheese and Stuffed Olive Sandwich
Cream Cheese, Pimento, and Shredded Pineapple Sandwich
Corned-beef Sandwich
Cucumber Sandwich
Cucumber and Radish Sandwich
Date and Nut Sandwich
Deviled Beef Sandwich
Deviled Chicken Sandwich
Deviled Crab Meat Sandwich
Deviled Egg Sandwich
Deviled Ham Sandwich
Egg Sandwich
Egg and Sardine Sandwich
Frankfurter Sandwich
Fried Egg Sandwich
Green Pepper Sandwich
Green Pepper and Pimento Sandwich
Ham Sandwich
Jam Sandwich
Jelly Sandwich
Lettuce Sandwich
Lettuce and Cucumber Sandwich
Lettuce and Radish Sandwich
Liverwurst Sandwich
Lobster and Lettuce Sandwich
Lobster and Chopped Egg Sandwich
Malaga Grape and Nut Sandwich
Marmalade Sandwich
Minced Chicken Sandwich
Minced Chicken and Ham Sandwich
Minced Chicken Livers and Lobster Sandwich
Minced Chicken Livers and Shrimp Sandwich
Minced Ham Sandwich
Minced Turkey Sandwich

SANDWICHES

Nut and Celery Sandwich
Oyster and Lettuce Sandwich
Peanut Butter Sandwich
Pimento Sandwich
Roast Beef Sandwich
Roast Pork Sandwich
Roquefort Cheese and Tomato Sandwich
Salmon and Lettuce Sandwich
Sardine Sandwich
Sardine and Tomato Sandwich
Shrimp and Lettuce Sandwich
Sliced Chicken Sandwich
Sliced Turkey Sandwich
Stuffed Olive Sandwich
Swiss Cheese Sandwich
Tomato and Cucumber Sandwich
Tomato and Egg Sandwich
Tomato and Green Pepper Sandwich
Tomato and Horseradish Sandwich
Tomato and Lettuce Salad
Tongue Sandwich
Tuna-fish Sandwich
Waldorf Salad Sandwich
Watercress Sandwich
Watercress and Cucumber Sandwich
Watercress and Tomato Sandwich

THERMOS BOTTLE

Buttermilk
Chocolate
Cocoa
Coffee
cold
hot
Egg and Milk
Grape Juice
Grape Juice, Lemon Juice, Orange Juice Mixed
Lemon Juice with Sugar
Milk
Orangeade
Postum
Fruit Punch
Soup
Tea
cold
hot

SALADS

Anchovy Salad
Artichoke Salad
Asparagus Salad
Asparagus and Chicory Salad
Asparagus and Egg Salad
Asparagus and Lettuce Salad
Asparagus, Peas, Beans, and Carrots Salad
Beans (Baked) Salad
Beans (Lima) Salad
Beans (String) Salad
Beef Salad
Beefsteak Salad
Beet and Bean Salad
Beet and Cabbage Salad
Beet and Lettuce Salad
Beet and Onion Salad
Beet-tops Salad
Beet-tops, Potatoes, and Frankfurters Salad
Beet-tops, Potatoes, and Cold Ham Salad
Cabbage and Ham Salad
Calf's Liver Salad
Carrot and Dandelion Salad
Carrot and Watercress Salad
Celery Salad
Chicken Salad
Cream Cheese and Pimento Salad
Cream Cheese and Stuffed Olives Salad
Egg Salad
Egg and Anchovy Salad
Egg and Celery Salad
Egg and Sardine Salad
Egg and Walnut Salad
Herring Salad
Lettuce Salad
Lettuce and Tomato Salad
Lobster Salad
Potato Salad
Potato and Celery Salad
Potato and Egg Salad
Potato and Nut Salad
Potato and Pimento Salad
Sardine Salad
Spinach and Egg Salad
Sweet Pepper Salad
Tomato Salad
Tomato and Corn Salad
Tomato and Cucumber Salad
Tongue, Potato, and Celery Salad
Tripe Salad
Turkey Salad
Veal Salad
Veal and Pickles Salad
Vegetable Salad
Watercress Salad

SALAD DRESSINGS

Boiled Dressing
Cream Dressing
French Dressing
French Chiffonade Dressing
French Thousand Island Dressing
Mayonnaise Dressing
Russian Dressing
Thousand Island Dressing

DESSERTS

LOAF CAKES

Almond Cake
Angel Cake
Applesauce Cake
Banana Layer Cake
Bride's Cake
Buttermilk Cake
Chocolate Cake
Chocolate Layer Cake
Citron Cake
Cocoanut Layer Cake
Cocoanut Loaf Cake
Coffee Cake
Currant Cake
Date Cake
Devil's Food
Dried Apple Cake
Fig Cake
Filbert Cake
Fruit Cake
Fudge Cake
Ginger Cake
Gold Cake
Huckleberry Cake
Jelly Roll
Lady Baltimore Cake
Lightning Cake
Marbled Cake
Mocha Cake
Molasses Layer Cake
Nut Cake
Orange Cake
Pineapple Cake
Plain Cake
Pound Cake
Ribbon Cake
Silver Cake
Spiced Nut Cake
Sponge Cake
Sunshine Cake
Tutti-Frutti Cake
White Mountain Cake

SMALL CAKES

Anise-seed Cakes
Cup Cakes
Fig Newtons
Huckleberry Cup Cakes
Lady Fingers
Marguerites
Molasses Drop Cakes
Nut Cup Cakes
Spiced Cup Cakes
Social Tea Biscuits
Sour Milk Cup Cakes
Sponge Cakes
Sponge Drop Cakes

COOKIES

Cocoanut Snaps
Filled Cookies
Ginger Snaps
Hermits
Jumbles
Lemon Snaps
Macaroons
Molasses Drop Cookies
Oatmeal Cookies
Peanut Wafers
Rice Cakes
Spiced Wafers
Sugar Cookies
Vanilla Wafers
Walnut Wafers

WHAT SHALL I SERVE AT MY PARTY

APPETIZERS

Anchovies
Clams on the half-shell
Crab-meat Cocktail
Fruit Cocktail
Grapefruit
Lobster Cocktail
Oysters on the half-shell
Shrimp Cocktail

SANDWICHES

Use white bread, rye bread, brown bread, or crackers.

American Cheese Sandwich
American Cheese and Anchovy Sandwich
American Cheese and Chile Sauce Sandwich
American Cheese and Nut Sandwich
Anchovy Sandwich
Banana and Nut Sandwich
Beef and Dill Pickle Sandwich
Beefsteak Sandwich
Boston Brown Bread and Chopped Peanut Sandwich
Boston Brown Bread and Grated Cheese Sandwich
Bread and Butter Sandwich (no filling)
Calf's Liver Sandwich
Canton Ginger Sandwich
Caviar Sandwich
Celery Sandwich
Celery and Uncooked Cabbage Sandwich
Chicken and Nut Sandwich
Chicken and Tomato Sandwich
Chicken Salad Sandwich
Chopped Fig Sandwich
Chopped Meat and Pickles Sandwich
Chopped Nuts and Dates Sandwich
Chopped Olives and Celery Sandwich
Chopped Ripe Olives and Walnut Sandwich
Club Sandwich
Crab-meat and Grated Cheese Sandwich
Crab-meat and Pimento Sandwich
Cream Cheese and Lettuce Sandwich
Cream Cheese and Peanut Butter Sandwich
Cream Cheese and Pimento Sandwich
Cream Cheese and Olive Sandwich

SANDWICHES

Use white bread, rye bread, brown bread, or crackers

Cream Cheese and Stuffed Olives Sandwich
Cream Cheese, Pimento, and Shredded Pineapple Sandwich
Corned Beef Sandwich
Cucumber Sandwich
Cucumber and Radish Sandwich
Date and Nut Sandwich
Deviled Beef Sandwich
Deviled Chicken Sandwich
Deviled Crab-meat Sandwich
Deviled Egg Sandwich
Deviled Ham Sandwich
Egg Sandwich
Egg and Sardine Sandwich
Frankfurter Sandwich
Fried Egg Sandwich
Green Pepper Sandwich
Green Pepper and Pimento Sandwich
Ham Sandwich
Jam Sandwich
Jelly Sandwich
Lettuce Sandwich
Lettuce and Cucumber Sandwich
Lettuce and Radish Sandwich
Liverwurst Sandwich
Lobster and Lettuce Sandwich
Lobster and Chopped Egg Sandwich
Malaga Grape and Nut Sandwich
Marmalade Sandwich
Minced Chicken Sandwich
Minced Chicken and Ham Sandwich
Minced Chicken Livers and Lobster Sandwich
Minced Chicken Livers and Shrimps Sandwich
Minced Ham Sandwich
Minced Turkey Sandwich
Nut and Celery Sandwich
Oyster and Lettuce Sandwich
Peanut Butter Sandwich
Pimento Sandwich
Roast Beef Sandwich
Roast Pork Sandwich
Roquefort Cheese and Tomato Sandwich
Salmon and Lettuce Sandwich
Sardine Sandwich
Sardine and Tomato Sandwich
Shrimp and Lettuce Sandwich
Sliced Chicken Sandwich
Sliced Turkey Sandwich
Stuffed Olive Sandwich
Swiss Cheese Sandwich
Tomato and Cucumber Sandwich
Tomato and Egg Sandwich
Tomato and Green Pepper Sandwich
Tomato and Horseradish Sandwich
Tomato and Lettuce Sandwich
Tongue Sandwich
Tuna-fish Sandwich
Waldorf Salad Sandwich
Watercress Sandwich
Watercress and Cucumber Sandwich
Watercress and Tomato Sandwich

SALADS

Alligator Pear Salad
Apple Salad
Apple and Cucumber Salad
Apple and Nut Salad
Apple and Pineapple Salad
Apple, Pork or Veal, and Watercress Salad
Banana Salad
Banana and Orange Salad
Celery Salad
Celery and Almond Salad
Cherry and Peanut Salad
Cherry and Pineapple Salad
Chestnut Salad
Chicken Salad
Chicken, Egg, and Grated Cheese Salad
Cream Cheese and Pimento Salad
Cream Cheese and Stuffed Olives Salad
Crab-flake Salad
Egg Salad
Egg and Anchovy Salad
Egg and Celery Salad
Egg and Sardine Salad
Egg and Tuna-fish Salad
Egg and Walnut Salad
Fruit Salad
Grapefruit Salad
Herring Salad
Lettuce and Tomato Salad
Lobster Salad
Malaga Grape Salad
Mushroom Salad
Orange and Malaga Grape Salad
Orange and Tomato Salad
Pear Salad
Pear and Cherry Salad
Pineapple Salad
Pineapple and Cream Cheese Salad
Potato Salad
Potato and Celery Salad
Potato and Egg Salad
Sardine Salad
Shrimp, Celery, and Apple Salad
Shrimp and Egg Salad
Shrimp and Lettuce Salad
Sweet Pepper Salad
Tomato stuffed with Tuna-fish
Tomato stuffed with Crab meat
Tongue, Potato, and Celery Salad
Turkey Salad
Tutti-Frutti Salad
Veal Salad
Veal and Pickles Salad
Waldorf Salad
Walnut Salad
Watercress Salad

SALAD DRESSINGS

Boiled Dressings
Cream Dressing
French Dressing
French Chiffonade Dressing
French Thousand Island Dressing
Mayonnaise Dressing
Russian Dressing
Thousand Island Dressing

CHAFING DISH

Almonds
deviled
Beef, Dried,
with eggs and cheese
Calf's Brain
with browned butter
with scrambled egg
Calf's Feet
sauted
with egg sauce
with Spanish peppers and mushrooms
Chestnuts
deviled
Chicken
broiled
creamed
Chops, Lamb
sauted
Clams
a la Newburg
and salt pork
stewed
Codfish
creamed
Codfish Tongues
boiled
Crab Meat
a la Creole
a la Newburg
and minced chicken sauted
with green peppers
Eggs
au Beurre Neur
cheese omelet
nut omelet
plain omelet
poached with Anchovy or Caviar
scrambled
scrambled with Anchovy
scrambled with calf's brains
scrambled with oysters

Eggs, *continued*
scrambled with sweetbreads
scrambled with tomato sauce
Spanish omelet
sweet omelet
with tomatoes and cheese
Fish
creamed
with curry sauce
with egg and anchovy sauce
Frankfurters
sauted
Halibut
a la Rarebit
Kidney Saute
Lamb
Pork
Veal
Livers, Chickens, Duck, or Goose
sauted
(also calf's livers cut in strips)
Lobster
a la Newburg
creamed
deviled
with mushrooms
Minced
Beef
Beef Kidney
Chicken
Lamb
Liver
Mutton
Pork
Turkey
Veal
Mushrooms
creamed
sauted
stewed

Oysters
a la Newburg
broiled or pan roasted
creamed
fricasseed
omelet
ragoût
rolled in bacon (pigs in blanket)
sauted
stewed
with mushrooms
Pork Chops
sauted
Pork Tenderloin
sauted
Rarebit
Oyster
Tomato
Welsh
Salmon Omelet
Sardines
creamed
grilled
with anchovy sauce
Sausages and Bacon
Scallops and Clams
stewed
Scotch Woodcock
Shad Roe
boiled
Shrimps
a la Newburg
Smelts
Steak, Tenderloin
sauted
Sweetbreads
creamed
fricasseed
sauted
with peas
with mushrooms

CHAFING DISH

Toast
creamed
Tongue
breaded and with tomato sauce
Tripe
a la Creole
a la Poulette
Veal with Oysters
stewed
Veal Hamburg
with tomato sauce

DESSERTS

FROZEN DESSERTS

Almond Ice Cream
Almond Mousse
Banana Ice
Banana Ice Cream
Banana Sherbet
Banana Mousse
Biscuit Tortoni
Blackberry Ice
Blackberry Mousse
Caramel Ice Cream
Caramel Mousse
Cherry Ice
Cherry Ice Cream
Cherry Sherbet
Cherry Mousse
Coffee Ice Cream
Coffee Mousse
Currant Ice
Custard
Fig Ice Cream
Ginger Ice Cream
Grape Ice
Grape Sherbet
Grape Mousse
Lemon Ice
Lemon Ice Cream
Lemon Sherbet
Lemon Mousse
Macaroon Ice Cream
Maple Ice Cream
Maple Mousse
Maraschino Ice
Milk Sherbet
Mint Ice
Neapolitan Ice Cream
Nesserole Pudding
Orange Ice
Orange Ice Cream
Orange Sherbet
Orange Mousse
Peach Ice
Peach Ice Cream
Peach Mousse
Pineapple Ice
Pineapple Ice Cream
Pineapple Sherbet
Pineapple Mousse
Pistachio Ice Cream
Pistachio Mousse
Raspberry Ice
Raspberry Sherbet
Raspberry Mousse
Raspberry and Currant Ice
Strawberry Ice
Strawberry Ice Cream
Strawberry Sherbet
Strawberry Mousse
Tutti-Frutti
Vanilla Ice Cream

SAUCES FOR ICE CREAM

Caramel Sauce
Chocolate Sauce
Coffee Sauce
Fruit Sauce
Strawberry Sauce

LOAF CAKES

Almond Cake
Angel Cake
Apple-sauce Cake
Banana Layer Cake
Bride's Cake
Buttermilk Cake
Chocolate Cake

DESSERTS

Chocolate Layer Cake
Citron Cake
Cocoanut Layer Cake
Cocoanut Loaf Cake
Coffee Cake
Currant Cake
Date Cake
Devil's Food
Dried Apple Cake
Fig Cake
Filbert Cake
Fruit Cake
Fudge Cake
Ginger Cake
Gold Cake
Huckleberry Cake
Jelly Roll
Lady Baltimore Cake
Lightning Cake
Marbled Cake
Mocha Cake
Molasses Layer Cake
Nut Cake
Orange Cake
Pineapple Cake
Plain Cake
Pound Cake
Ribbon Cake
Silver Cake
Spiced Nut Cake
Sponge Cake
Sunshine Cake
Tutti-Frutti Cake
White Mountain Cake

SMALL CAKES

Anise-seed Cakes
Cup Cakes
Fig Newtons
Huckleberry Cup Cakes
Lady Fingers
Marguerites
Molasses Drop Cakes
Nut Cup Cakes
Spiced Cup Cakes
Social Tea Biscuits
Sour Milk Cup Cakes
Sponge Cakes
Sponge Drop Cakes

OTHER DESSERTS

Charlotte Russe
- Maple
- Vanilla

Cream Puffs
- Almond filling
- Lemon filling
- Orange filling
- Whipped cream filling

Eclairs
- Chocolate
- Coffee
- Maple
- Vanilla

Napoleons

BEVERAGES

Coffee
Tea
Chocolate
Cocoa
Milk
Malted Milk
Postum or other coffee substitute
Buttermilk
Water

WHAT SHALL I SERVE MY PATIENT

LIQUID DIET

Apple Water
  plain
  flavored with a pinch of cinnamon
Barley Water
Beef Juice
Beef-tea
Blackberry Water
Blackcap Water
Buttermilk
Chicken Broth
Cinnamon Water
Clam Broth
Clam Juice
Coffee
Cranberry Jelly Water
Currant Jelly Water
Currant Water
Egg, white of, beaten up with Lemon Juice
Fig Water
Fruit Jelly
Gelatine
Grape Juice
Gruel
  Barley
  Cornmeal
  Farina
  Graham Flour
  Oatmeal
  Rice
  Wheatina
  White Flour
Ice Cream
Irish Moss Jelly
Kumiss
Lemonade
Limeade
Malted Milk
Milk
Milk and Seltzer Water
Milk and Ice cream beaten and flavored
Mutton Broth
Orange Juice
Orangeade
Oyster Broth
Peach Water
Pear Water
Pineapple Water
Plum Jelly Water
Plum Water
Raisin Water
Raspberry Water
Rhubarb Water
Strawberry Water
Tea
Toast Water
Vichy
Water Ices
Whey
  Lemon
  Vinegar
  Wine

SOFT DIET

All the items listed under "Liquid Diet," to which may be added the following:

- Arrow-root Pudding
- Asparagus Soup, cream of
- Beef Broth with a Poached Egg
- Cereal (see Breakfast List)
- Chicken Soup, cream of
- Chocolate
- Cocoa
- Corn Soup, cream of
- Cornstarch Pudding
- Cream (may be partially whipped)
- Custard
  - baked
  - boiled
- Eggs
  - beaten with milk (egg-nog)
  - poached
- Gruel
  - Barley
  - Cornmeal
  - Farina
  - Graham Flour
  - Oatmeal
  - Rice
  - Wheatina
  - White Flour
- Junket
- Oyster Soup, cream of
- Potato Soup, cream of
- Soda Crackers dissolved in boiling water and served with sugar and cream
- String Bean Soup, cream of
- Tapioca Pudding
- Toast
  - cream
  - milk
  - water
  - with broth

SEMI-SOLID DIET OR CONVALESCENT DIET

All the items listed under "Soft Diet," to which may be added the following:

Bread and butter
Chicken
- broiled
- fricasseed
- stewed

Chops, Lamb
- broiled

Clams
- raw

Crackers and butter
Eggs
- baked
- boiled
- omelet
- poached
- scrambled

Fish
- baked
- boiled
- broiled
- creamed

Fruit
- seasonal fresh
- stewed
- baked

Oysters
- raw
- stewed

Potatoes
- baked
- boiled
- creamed
- mashed

Squab
- broiled

Steak, Tenderloin
- broiled

Vegetables, Fresh Green

SPECIAL DIETS IN COMMON AILMENTS*

BY RUTH YERKES

Assistant Dietitian, Bellevue Hospital, New York City, in charge of Diet Kitchen

ANÆMIA

EAT

- **Bread**
  - Brown
  - Corn
  - Graham
  - Rye
  - Whole-wheat
- **Butter**
- **Cereals**
  - Cream of wheat
  - Oatmeal (occasionally)
- **Cocoa**
- **Coffee** (very little)
- **Cream**
- **Custard**
- **Egg-nog**
- **Eggs**
  - raw
  - baked
  - boiled
  - poached
- **Fruit Juices**
- **Fruits, Fresh**
- **Junket**
- **Macaroni**
- **Meats**
  - Beef Juice
  - Broiled steak
  - Roast beef
  - Mutton

EAT

- **Milk**
- **Olive Oil**
- **Potatoes**
  - baked
- **Poultry**
  - Chicken
- **Prunes**
- **Rice**
- **Rice Pudding**
- **Soups, Cream**
- **Spaghetti**
- **Sweetbreads**
- **Tripe, Stewed**
- **Tea** (weak)
- **Vegetables**
  - All kinds grown above the ground.

AVOID

- **Breads**
  - hot
  - fresh
- **Cabbage**
- **Cakes**
- **Candy**
- **Fish**
  - Salt
  - Dark-fleshed
  - Shell-fish
  - Oily
- **Lemons**
- **Meats**
  - Pork
  - Veal
  - Corned Beef
  - Warmed-over
- **Milk, Skimmed**
- **Parsnips**
- **Pickles**
- **Pies**
- **Poultry**
  - Goose
- **Puddings**
- **Rhubarb**
- **Turnips**

*Before using a list always show it to the physician in charge of the case, and then write in the additions he suggests and check the items he thinks should be omitted to fit the needs of the patient. Complications or special conditions may make changes necessary.

ANGINA PECTORIS

EAT

- Apples
  - baked
  - raw
- Asparagus Tips
- Bread, White (dry or stale)
- Cauliflower (young)
- Cereals, well-cooked, with cream
- Chicken
  - broiled
- Eggs
- Fish, White-Meated
  - broiled
- Fruit Juices
- Fruits, Fresh
- Oysters (slightly-cooked)
  - broiled
  - stewed
  - in soup
- Potatoes
  - baked
- Prunes
- Rice
- Soups, Cream
- Spinach
- Summer Squash
- Water-cress

AVOID

- Breads
  - fresh
  - hot
- Cabbage
- Cakes
- Fish
  - except as listed above
- Meats
  - All kinds, especially
  - Rare beef
  - Pork
  - Rabbit
  - Veal
- Parsnips
- Pastry
- Pickles
- Poultry
  - Duck
  - Goose
  - Turkey
- Sweets
- Turnips

BILIOUSNESS

EAT

- Apples
- Asparagus
- Beans, green
- Blackberry Vinegar
- Broths
  - Clam
  - Oyster
- Buttermilk
- Celery
- Cocoanut Milk
- Coffee (a little black, before breakfast)
- Cucumbers
  - baked
  - stewed
- Custard
- Dandelions
- Eggs
  - baked
  - poached
  - soft boiled
- Figs
- Fruit Juices
- Grapefruit
- Grapes
- Junket
- Kohl-rabi
- Lemonade
- Meat
  - Beef, broiled or roasted
  - Mutton, broiled or roasted
  - Sweetbreads
  - Tripe
- Milk and Vichy
- Oranges
- Peas, green
- Poultry
  - Chicken, broiled or roasted

EAT

- Prunes
- Raspberries
- Raspberry Vinegar
- Spinach
- Strawberries
- Summer Squash
- Tea (weak)
- Water (plenty)
- Water-cress
- Watermelon

AVOID

- Beets
- Breads
  - hot
- Brussels Sprouts
- Cakes
- Candy
- Carrots
- Celery
- Cereals
- Condiments
- Fish
  - oily
  - salt
  - Crabs
  - Lobster
  - Scallops
- Fruits
  - dried
  - stewed with sugar
  - Cantaloupe
  - Peaches
  - Pears
- Meats
  - Kidney
  - Liver
  - Pork
  - Veal
- Onions
- Pancakes
- Pickles
- Pies
- Potatoes
- Puddings
- Radishes
- Spices
- Water-cress

CHRONIC BRIGHT'S DISEASE
(Chronic Nephritis)

EAT

- **Bread**
  - stale white
  - Whole-wheat
- **Bread Pudding**
- **Buttermilk**
- **Cereals**
  - all kinds
- **Chocolate Pudding**
- **Clams**
  - raw
- **Cornstarch Pudding**
- **Custard**
- **Fish**
  - boiled
  - broiled
- **Fruits**
  - raw
  - stewed
- **Grape Juice**
- **Gruels**
- **Junket**
- **Macaroni**
- **Meats** (eat sparingly)
  - Fat Bacon
  - Fat Ham
- **Milk**
  - malted
  - peptonized
  - diluted with 50% water
- **Oysters**
  - raw
- **Poultry** (eat sparingly)
  - Chicken
  - Quail
  - Partridge
- **Rice**
- **Soups**
  - cream
  - vegetable
- **Tapioca Pudding**

EAT

- **Toast**
  - plain
  - milk
- **Vegetables**
  - Cabbage
  - Cauliflower
  - Celery
  - Lettuce
  - Mushrooms
  - Onions
  - Potatoes (both kinds)
    - baked
    - boiled
    - mashed
  - Spinach
  - Tomatoes
  - Water-cress

AVOID

- **Tea** (weak)
- **Cake**
- **Coffee**
- **Condiments**
- **Eggs**
- **Fish**
  - fried
- **Fluids**
  - excessive amount of
- **Ice Cream**
- **Meats**
  - Corned beef
  - Gravies
  - Hashes
  - Stews
  - Beef
  - Lamb
  - Mutton
  - Pork
  - Veal
- **Pastry**
- **Salads**
  - made with meat or eggs
- **Salt** (except that used in preparing foods)
- **Spices**
- **Vegetables**
  - Beans
  - Peas

CHRONIC CONSTIPATION

EAT

- Apples
  - baked
  - juice
  - sauce
- Asparagus
- Beans (all kinds)
- Beet-tops
- Bread
  - Bran
  - Brown
  - Corn
  - Graham
  - Whole-wheat
- Bread Pudding
- Broths
  - Oatmeal
  - Veal
- Buttermilk
- Cabbage
- Carrots
- Celery
- Cereals (well-cooked)
  - Bran mush
  - Oatmeal mush
  - Bran scattered over others
- Chard
- Chicory
- Cole Slaw
- Cucumbers
- Endive
- Fish, White-meated
  - broiled
- Fruits
  - dried
  - fresh
  - stewed without sugar
- Gelatine
- Grape Juice
- Grapefruit
- Lettuce

EAT

- Meats
  - Broiled Steak
  - Lamb
  - Mutton
  - Sweetbreads
  - Tripe
  - Veal
- Milk
- Orange Juice
- Peas
- Plums (very ripe and no skins)
- Potatoes
  - baked
- Salad
  - fruit
  - green vegetable
- Spinach
- Tomatoes
- Turnips

AVOID

- Beef Tea
- Bread
  - white
- Cakes
- Cheese
- Chocolate
- Coffee
- Consommé
- Fried foods
- Milk with meals
- Pickles
- Pies
- Potatoes
  - fried
  - mashed
- Preserves
- Stewed fruits with meals

DIABETES

Diet after urine is freed from sugar

Of the fruits, vegetables, and nuts use at first only those marked 1, later adding those marked 2, then those marked 3, then those marked 4, and finally those marked 5.

EAT

Breads
- Almond Wafers
- Almond Bread
- Bran Bread
- Bran Muffins
- Gluten Bread (80% Gluten Flour)
- Gluten Muffins (80% Gluten Flour)

Broths
- Chicken
- Clam
- Oyster

Butter

Cheese (small quantity)

Coffee
- clear, or with very little skimmed milk or cream

Cream

Custard

Eggs
- baked
- omelet
- poached
- scrambled
- soft-boiled

Fish, White-fleshed
- baked
- boiled
- broiled

Fruits
- 3 Apples
- 3 Apricots
- 4 Bananas
- 2 Blackberries
- 3 Blueberries
- 3 Cherries
- 2 Cranberries
- 3 Currants

EAT

Fruits, *continued*
- 2 Gooseberries
- 1 Grapefruit
- 3 Huckleberries
- 2 Lemons
- 1 Olives, Ripe
- 2 Oranges
- 2 Peaches
- 2 Pineapple
- 4 Plums
- 4 Prunes
- 3 Raspberries
- 1 Rhubarb
- 2 Watermelon

Gelatine

Junket (skimmed milk)

Meat
- Beef, broiled, roasted, or stewed
- Mutton, broiled, roasted or stewed
- Sweetbreads
- Tripe

Milk
- skimmed

Nuts
- 3 Almonds
- 3 Beechnuts
- 2 Black Walnuts
- 2 Brazil Nuts
- 1 Butternuts
- 5 Chestnuts
- 3 English Walnuts
- 2 Filberts
- 2 Hickory Nuts
- 4 Peanuts
- 2 Pecans
- 3 Pistachios
- 1 Pignolias
- 3 Pine Nuts

EAT

Oysters (small quantity)

Poultry
- All kinds, broiled, roasted, or stewed

Saccharine (in place of sugar)

Soups
- Clear Meat Soups
- Tomato Soup
- Cream of Oyster Soup

Tea (weak)
- clear, or with very little skimmed milk or cream

Vegetables
- 3 Artichokes
- 1 Asparagus
- 4 Beans, Baked
- 3 Beans, Lima (canned)
- 4 Beans, Shell
- 1 Beans, String
- 1 Beet Greens
- 2 Beets
- 1 Brussels Sprouts
- 1 Cabbage
- 2 Carrots
- 1 Cauliflower
- 1 Celery
- 4 Corn, green
- 1 Cucumbers
- 1 Dandelion
- 1 Eggplant
- 1 Endive
- 2 Kohl-rabi
- 1 Leeks
- 1 Lettuce
- 4 Macaroni, boiled
- 2 Mushrooms

DIABETES

EAT

Vegetables, *continued*
- 1 Okra
- 2 Onions
- 3 Parsnips
- 3 Peas
- 4 Potatoes
- 2 Pumpkin
- 1 Radishes
- 4 Rice, boiled
- 1 Sauerkraut
- 1 Sorrel
- 1 Spinach
- 2 Squash
- 1 Swiss Chard
- 1 Tomatoes
- 2 Turnips
- 1 Vegetable Marrow
- 1 Water-cress

Water
- plain
- aërated

AVOID

Bread
- white

Chocolate

Cocoa

Coffee, boiled

Eggs
- fried
- hard-boiled

Fish, Dark-meated
- Salted
- Shellfish

Meats
- Pork
- Kidneys
- Liver
- Veal

Pastry

Puddings

Sugar

Vegetables
- Oysterplant

DIPHTHERIA

WHILE FEVER LASTS

EAT

- **Buttermilk**
- **Cream**
- **Gruels**
  - Arrowroot
  - Barley Flour
  - Cornmeal (ground fine)
  - Farina
  - Oatmeal (strained)
- **Malted Milk**
- **Milk**
- **Pineapple Juice**
- **Predigested Beef Preparations**

DURING CONVALESCENCE

EAT

- **Broth**
  - Beef
  - Chicken
  - Mutton
- **Cereals** (well-cooked)
- **Custard**
- **Gelatine**
- **Ice-cream**

ECZEMA IN CHILDREN

EAT

- Apples
  - baked
  - stewed (very little sugar)
- Beans, green
- Beans, Lima (new)
- Blackberries
- Bread
  - Unleavened Bread
  - Whole-wheat (no lard)
- Butter (moderate amount)
- Buttermilk
- Carrots
- Cereals
  - Corn flakes
  - Cream of Wheat
  - Farina
  - Shredded Wheat
- Crackers
- Cucumbers
  - baked
  - stewed
- Fruit Juices
- Grapes
- Lettuce
- Milk
  - modified
  - skimmed
- Peas
- Soups, Cream
  - made from green vegetables
- Spinach
- Summer Squash
- Water-cress
- Zweiback

AVOID

- Cake
- Cantaloupe
- Cereals
- Cheese
- Chocolate
- Cocoa
- Coffee
- Condiments
- Fish of all kinds
- Fried food
- Fruits, Small (except Blackberries)
- Gravies
- Hashes
- Lard in food
- Meats of all kinds
- Pastry
- Pears
- Pickles
- Puddings
- Salad Dressings
- Salt foods
- Spices
- Stews
- Sweets
- Tea

GASTRIC HYPERACIDITY

EAT

- **Bread**
  - stale
- **Bread Pudding**
- **Butter, unsalted**
- **Cereals**
  - all fine-grained varieties
- **Cheese, Mild** (occasionally)
- **Cocoa**
- **Cream**
- **Custard**
- **Eggs**
  - baked
  - boiled
  - poached
  - scrambled
- **Fish**
  - Bass
  - Cod
  - Halibut
    - boiled with cream sauce or broiled
- **Gelatine**
- **Junket**
- **Meat** (once a day)
  - Beef
  - Lamb
    - cut off all fat and gristle, no gravy
- **Milk**
- **Olive Oil**
- **Oysters, raw**
- **Poultry**
  - Chicken
  - Guinea Hen
  - Turkey
- **Rice Puddings**
- **Soups**
  - creamed
  - puree
    - except tomato

EAT

- **Tea** (weak)
- **Toast**
- **Vegetables**
  - Any green vegetable except those listed below
  - Macaroni
  - Baked Potato (occasionally)
  - Rice

AVOID

- **Bread**
  - hot
- **Brussels Sprouts**
- **Cabbage**
- **Cake**
- **Cauliflower**
- **Celery**
  - raw
- **Coffee**
- **Condiments**
- **Fried foods**
- **Fruits**
  - except stewed fruit in case of constipation
- **Pie**
- **Pickles**
- **Radishes**
- **Salads**
- **Salt Foods**
- **Spices**
- **Sweets**
- **Tomatoes**
- **Turnips**

INDIGESTION
WITH GAS-DISTENTION

EAT

- **Almonds**
  - blanched and dried
- **Bread**
  - hard and dry
- **Broths**
  - Chicken
  - Mutton
- **Eggs**
  - baked
  - boiled
  - omelet
  - poached
  - scrambled
- **Gruels**
- **Lettuce**
  - with lemon juice
- **Meats**
  - Boiled Beef
  - Broiled Chops
  - Broiled Steak
- **Milk**
- **Tomatoes, sliced**

AVOID

- **Bread**
  - hot
- **Cabbage**
- **Cake**
- **Coffee at meals**
- **Fish**
  - All kinds including shell-fish
- **Fried foods**
- **Fruits stewed with sugar**
- **Mayonnaise Dressing**
- **Meats**
  - Outside Cuts
  - Fats
  - Pork
  - Veal
  - Gravies
- **Milk at meals**
- **Parsnips**
- **Pickles**
- **Pies**
- **Preserves**
- **Soups**
  - cream
  - thick
- **Tea at meals**
- **Turnips**

INTESTINAL INDIGESTION

EAT

- Bread
  - Cornbread
  - Sticks
  - Whole-wheat
- Butter (small amount)
- Cauliflower
- Cereals with milk or cream
  - Farina
  - Oatmeal
  - Shredded Wheat
- Chicory
- Coffee (very little)
- Cucumbers
  - baked
  - stewed
- Custard
- Eggs
  - poached
  - soft-boiled
- Endive
- Fish, white-meated
  - boiled
  - broiled
- Gelatine (plain)
- Junket
- Lettuce
- Meat
  - Beef, boiled, broiled, roasted
  - Mutton, boiled, broiled, roasted
  - Sweetbreads, creamed or broiled
- Milk, Modified
- Orange juice
- Poultry
  - Chicken
  - Squab
  - boiled, broiled, roasted
- Prunes

EAT

- Rice
- Rice Pudding
- Soups
  - cream of Spinach
  - cream of Celery
  - cream of Lettuce
- Squash
  - stewed
- Tea (very weak)
- Turnips, new
- Water-cress

AVOID

- Acid Drinks
- Beets
- Cabbage
- Cakes
- Coffee
  - boiled
- Corn, green
- Crackers
- Fish, Dark-meated
- Fried foods
- Fruits, Acid
- Gelatine
- Meat
  - Corned Beef
  - Pork
  - Veal
- Pickles
- Potatoes
- Poultry
  - Duck
  - Turkey
- Shellfish
- Sweets
- Tea
  - boiled

NERVOUS INDIGESTION

EAT	AVOID
Bread dry French	**Bread** hot soft
Broths Clam Oyster	**Cabbage**
Cereals Cream of wheat Wheatina	**Cakes**
Cocoanut Milk	**Candies**
Cream (small amount)	**Cereals** except those listed above
Eggs baked boiled poached scrambled omelet	**Coffee**
Fruit Juices	**Fried foods**
Grapefruit	**Fruits stewed with sugar**
Meat broiled Steak Chops Roast Beef raw Beef Mutton	**Parsnips**
Milk	**Pickles**
Oranges	**Pies**
Potatoes baked	**Preserves**
Poultry Chicken	**Puddings**
Rice	**Tea**
Soups cream puree	**Turnips**
Vegetables Celery Cucumbers, baked or stewed Green Peas Lettuce Spinach	

MEASLES

(No Complications)

FOR INFANTS

Milk exclusively; in case of bottle-fed babies the formula must be weakened.

OLDER CHILDREN

EAT

First three days, or as long as stomach gives evidence of intestinal disturbance.

- Barley Water with hot Milk
- Grape Juice (not ice-cold)
- Hot Water with cream and sugar (Cambric Tea)
- Milk diluted with hot water (50%)

When convalescence begins give

- Cereal Gruels
- Milk Soups
- Milk Toast
- Orangeade (not ice-cold)
- Lemonade (not ice-cold)

Then add

- Cereal with milk
  - any except Oatmeal
- Cornstarch Pudding
- Custard
- Eggs
  - poached
  - soft-boiled
- Fruit
- Fruit juices
- Junket
- Potatoes
  - baked
- Rice
  - boiled
- Rice Pudding
- Soups, cream

AVOID

- All cold dishes
- Breads
  - hot
- Cakes
- Cereals
  - Oatmeal
- Fish, all kinds
- Ice-cream
- Meats, all kinds
- Pies
- Soups
  - meat
- Vegetables, all kinds except those mentioned above

MUMPS

While fever lasts give Liquid Diet (see page 68); follow with Soft Diet (page 69) and then Convalescent Diet (page 70).

PNEUMONIA

Convalescent Stage

EAT

- Apple Sauce
- Broths
- Cereals with cream
- Cornstarch Pudding
- Custard
- Gelatine with cream
- Grape Juice
- Gruels
- Eggs
  - raw
  - poached
  - soft boiled
- Junket
  - plain
  - with cream
- Milk
- Orange Juice
- Potatoes
  - baked
  - mashed
- Sherbets

EAT

- Soups
  - cream of Bean
  - cream of Pea
  - cream of Potato
- Toast
  - plain
  - creamed
- Zweiback

CHRONIC RHEUMATISM

EAT

- **Beef Tea**
- **Bread**
  - Brown
  - Corn
  - Graham
  - Whole-wheat
- **Broths**
  - Chicken
  - Mutton
- **Butter**
- **Buttermilk**
- **Cocoa**
- **Cornstarch Pudding**
- **Crackers**
- **Cream**
- **Fish**
  - white-meated, boiled or broiled
  - Raw Oysters
  - Raw Clams
- **Junket**
- **Malted Milk**
- **Meat** (sparingly)
  - boiled Ham
  - broiled fat Bacon
  - Sweetbreads
  - Tripe
- **Milk**
- **Poultry**
  - Chicken
- **Puddings**
  - all plain
- **Rhubarb**
- **Tea**
- **Toast**
  - cream
  - dry
  - milk
- **Vegetables**
  - All except Potatoes and cooked Tomatoes

EAT

- **Water**
  - plain
  - with lemon juice and no sugar

AVOID

- **Asparagus**
- **Candies**
- **Cheese**
- **Cider**
- **Coffee**
- **Eggs**
- **Fish**
  - fried
  - cooked Clams
  - cooked Oysters
  - Lobster
  - Crabs
  - Salmon
- **Meats**
  - red
  - Pork
  - Veal
  - salted or corned except Ham and Bacon
- Gravies
- **Mushrooms**
- **Nuts**
- **Pies**
- **Potatoes**
- **Poultry**
  - Duck
  - Goose
  - Turkey
- **Strawberries**
- **Tomatoes**

SCARLET FEVER

(No complications)

FIRST THREE WEEKS

EAT

- **Broth** (strained)
  - Clam
  - Oyster
- **Buttermilk**
- **Cream**
- **Grape Juice**
- **Ice-cream**
- **Junket**
- **Lemonade**
- **Milk**
  - When whole milk disagrees with patient or is not easily digested, substitute Kumyss and Malted Milk.
- **Orange Juice**

AVOID

- in any form (alone or in combination)
- **Eggs**
- **Meats**

DURING CONVALESCENCE

EAT

- **Cereals and Milk**
- **Chicken, Breast of**
  - broiled
- **Custard**
- **Eggs**
  - poached
  - soft-boiled
- **Fish**
  - baked
  - broiled
- **Oysters** (soft part)
- **Potatoes**
  - baked
- **Rice**

EAT

- **Soups**
  - cream
- **Toast**
  - cream
  - milk

AVOID

- **Meat,** until all danger of kidney complication has passed
- **Pickles**
- **Sweets**

TONSILLITIS OR QUINSY

In acute stage use general Liquid Diet

Convalescent Stage

EAT

Cereals with cream

Custards

Ice-cream

Egg-nog

Eggs
- raw
- poached
- soft boiled

Fruit Juices (especially Pineapple)

Meat
- All kinds, cooked (except fried)
- raw beef scraped

Milk

Potatoes
- baked
- creamed
- mashed

Poultry
- All kinds, boiled, roasted, fricasseed or creamed

TUBERCULOSIS

EAT

- **Apples**
  - baked and served with cream
- **Bacon**
- **Beans**
  - baked
- **Bread**
- **Broth**
  - Chicken
- **Cereals** (cooked in milk and served with cream)
  - Cream of Wheat
  - Farina
  - Pettyjohns
  - Sunny Corn
  - Wheatina
- **Cocoa**
- **Corn Bread**
- **Cream** (may be partially whipped)
- **Custard**
- **Egg-nog**
- **Eggs**
  - raw
- **Fish**
- **Fruit Juices with beaten white of egg**
- **Gelatine with cream**
- **Gruels**
  - Barley
  - Cornmeal
  - Farina
  - Graham Flour
  - Oatmeal
  - Rice
  - Wheatina
  - White Flour
- **Hominy with cream**
- **Ice-cream**
- **Junket**
- **Macaroni**

EAT

- **Meat**
  - All kinds, except pork and veal, roasted or broiled or creamed or with egg sauce. Pork and Veal may be eaten with physician's consent
- **Milk**
  - plain
  - flavored with coffee
  - flavored with cocoa
- **Oatmeal with cream**
- **Olive Oil**
- **Oranges**
- **Potato**
- **Poultry**
  - All kinds, roasted, broiled, fricasseed, creamed, or with egg sauce
- **Prunes**
- **Puree of**
  - Beans
  - Peas
- **Rice**
- **Soups, creamed**
- **Spinach**
- **Toast**
  - buttered
  - creamed
  - with egg sauce
- **Tomatoes**

AVOID

- **All acid foods**
- **All fried foods**
- **Lemons**
- **Pickles**
- **Rhubarb**
- **Veal**

WHOOPING COUGH

In the case of small infants, give, if at all possible, breast-milk; it has been proved that even while a baby is nursing, digestion of the milk is taking place, and thus the breast-fed baby is more quickly and more efficiently nourished than the bottle-fed baby.

For children under ten years of age, feed in small amounts and often.

AS LONG AS THERE IS FEVER OR VOMITING

EAT

- **Broths**
  - Beef
  - Clam
  - Chicken
  - Mutton
- **Buttermilk**
- **Gruels**
  - Arrowroot
  - Barley
  - Oatmeal
- **Junket**
- **Kumyss**
- **Lemonade with white of egg**
- **Milk**
  - plain
  - pancreatized
- **Orangeade with white of egg**

LATER, DURING CONVALESCENCE ADD

EAT

- **Beef, scraped**
- **Cereals with cream**
- **Cornstarch Pudding**
- **Custard**
- **Egg-nog**
- **Eggs**
  - poached
  - soft-boiled
- **Fruit Juices**
- **Toast**
  - cream
  - plain

PLEASING COMBINATIONS OF FOODS

MAIN ITEM	SIDE DISH	VEGETABLES
Clams on the half-shell Oysters on the half-shell Clam Cocktail Crab-meat Cocktail Lobster Cocktail Oyster Cocktail Shrimp Cocktail	Salty Crackers Graham Bread Sandwich Brown Bread Sandwich	
Consommé	Bread Sticks Parmesan Cheese Sticks	
Cream Soups	Crackers buttered and made crisp in oven Crackers soaked in water, buttered, and browned in oven.	
Thick Soups	Croutons Grated Cheese	
Chowder	Bread and Butter Thick Crackers	
Fish	Lemon Slices Cucumbers with vinegar sauce Tomatoes with vinegar sauce Tartar Sauce and Potatoes	
Roast Beef	Yorkshire Pudding Horseradish Sauce Mushroom Sauce Spiced Grapes Spiced Currants	Beets Corn Beans (all kinds) Eggplant Cauliflower Brussels Sprouts Macaroni or Spaghetti Potatoes (both kinds) Spinach Squash
Steak	Melted Butter Mushroom Sauce	Fried Onions Fried Potatoes
Pot Roast		Mixed Vegetables

MAIN ITEM	SIDE DISH	VEGETABLES
Corned Beef		Cabbage and Potatoes Turnips and Potatoes Carrots and Potatoes Parsnips and Potatoes
Roast Lamb	Mint Sauce Mint Jelly Mint Sherbet Currant Jelly	White Potatoes Green Peas Asparagus Carrots and Peas Spinach
Boiled Mutton	Caper Sauce	Carrots and Turnips
Roast Fresh Pork	Apple Sauce Baked Apple Fried Apple Apple Croquettes	White Potatoes Corn Lima Beans Succotash Cabbage Brussels Sprouts
Veal	Brown Gravy	Onions String Beans Asparagus Turnips Spinach Rice Spaghetti Macaroni White Potatoes
Chicken	Cranberry Jelly Cranberry Sauce Mushroom Sauce Celery	White Potatoes Sweet Potatoes Corn Onions Parsnips Rice Lima Beans
Turkey	Cranberry Jelly Cranberry Sauce Chestnut Dressing Oyster Dressing Sage Dressing Sausage Dressing Celery	White Potatoes Sweet Potatoes Onions Squash Cauliflower Brussels Sprouts Turnips

MAIN ITEM	SIDE DISH	VEGETABLES
Goose	Apple Sauce Baked Apple Celery	Onions Cauliflower Brussels Sprouts Turnips Squash White Potatoes
Domestic Duck	Celery	Same as under Chicken
Wild Duck	Any Salad Green Currant Jelly Plum Jelly	No vegetables
Guinea Hen	Currant Jelly	Asparagus String Beans Peas Stewed Celery White Potatoes Sweet Potatoes
Squab	Currant Jelly	

WHAT SHALL I EAT
AND
WHAT SHALL I NOT EAT
TO REDUCE
MY WEIGHT

BREADS	SOUPS	FISH
Eat Bran Bread Bran Muffins Graham Bread Graham Muffins Oatmeal Bread Oatmeal Muffins Rye Bread Rye Muffins Whole-wheat Bread Whole-wheat Muffins and other breads and muffins made from the coarse cereals	**Eat** Clear soups with fat skimmed off	**Eat** Any white-meated Fish Shellfish
Avoid Cornmeal Bread Cornmeal Muffins Pancakes Waffles Wheat Muffins	**Avoid** Thick Soups	**Avoid** Caviar Eels Salmon Sardines Shad Roe All dark-meated fish and all the dark meat on fish Breaded Fish

MEATS

Eat

- Beef, Fresh
- Beef, Corned
- Beef, Dried (no sauce)
- Beef Steak (broiled only)
- Beef Tongue
- Calf's Brains
- Chicken (no dressing)
- Kidneys
- Lamb and Mutton
- Liver
- Pheasant
- Sweetbreads
- Tripe
- Turkey (no dressing)
- Veal

All fat must be cut off

Avoid

- Capon
- Pork
- Goose
- Skin on Chicken and Turkey
- Rich Gravies
- Bread Dressings
- Breaded Meats

VEGETABLES

Eat

- Asparagus
- Beet Tops (cooked like Spinach)
- Cabbage
- Carrots
- Cauliflower (plain)
- Celery
- Cucumbers
- Eggplant, Baked
- Green Peppers
- Okra
- Onions
- Oysterplant
- Spinach
- Swiss Chard
- Tomatoes
- Young String Beans

Avoid

- Artichokes
- Corn
- Lima Beans
- Parsnips
- Peas
- Potatoes (both Sweet and White)
- Turnips

SALADS

Eat

- Apple
- Asparagus
- Celery
- Chicory
- Cole Slaw
- Cucumber
- Endive
- Grapefruit
- Lettuce
- Olives
- Peppers
- Pineapple
- Radishes
- Romaine
- Tomato
- Watercress

DRESSINGS

- Lemon
- Vinegar

Avoid

- Beet Salad
- Potato Salad

And all others made from the forbidden fruits, meats, and vegetables

DRESSINGS

- Cream Dressing
- Mayonnaise
- Oil Dressings

DESSERTS, SWEETS, AND FRUITS

Eat

- Frozen Fruit Juices
- Fresh Fruit
- Fruits stewed without Sugar

Avoid

- Candy
- Homemade Jellies and Preserves
- Ice Cream
- Maple Sugar
- Marmalades
- Bananas
- Dried Fruits
- Figs
- Fruits stewed with Sugar
- Grapes
- Raisins
- Puddings

BEVERAGES

Drink

- Buttermilk
- Skimmed Milk
- Kumiss
- Coffee with no sugar and no cream, but with skimmed milk if desired
- Tea with no sugar and no cream, but with skimmed milk if desired
- Lemonade
- Orangeade
- Water between meals, but not at meals

Avoid

- Chocolate
- Cocoa
- Grape Juice
- Cream
- Sodas

MISCELLANEOUS

Eat

- Very little **Cereal** with very little sugar and no cream; scatter 2 or 3 tablespoonfuls of bran over it
- **Whites of Eggs**
- **Cottage or Skimmed Milk Cheese**
- **Worcestershire Sauce**
- **Chili Sauce**
- **Unsweetened Pickles**
- Very little **Butter**

Avoid

- **Yolks of Eggs**
- **Sweets** between meals
- **Afternoon Tea**
- All **Fried Food**

WHAT SHALL I EAT
AND
WHAT SHALL I NOT EAT
TO INCREASE
MY WEIGHT

BREADS	SOUPS	FISH
Eat White Bread Cornmeal Bread Cornmeal Muffins	**Eat** Vegetable Soups Cream Soups	**Eat** Salmon Fish with dark meat Fish packed in oil
Avoid Bran Bread Bran Muffins	**Avoid** Thin Soups	**Avoid** Shellfish

MEATS	VEGETABLES	SALADS
Eat All kinds Do not cut off the fatty parts, especially the cream and golden colored fats Serve with rich gravies and breaded dressings	**Eat** Potatoes (both kinds) Artichokes Beets Beans (all kinds) Corn Parsnips Peas Turnips and all others except those listed below Serve with cream sauces as much as possible	**Eat** All kinds of salads but use Cream, Mayonnaise, and Oil Dressings
	Avoid Beet-tops Celery Dandelion Greens Spinach Swiss Chard	**Avoid** Lemon Dressing Vinegar Dressing

DESSERTS, SWEETS, AND FRUITS

Eat

- Pure Ice Cream
- Fruits stewed with Sugar
- Preserves and Jellies
- Candy
- Maple Sugar
- Honey
- Syrup
- Bananas
- Raisins

BEVERAGES

Drink

- Cream
- Milk
- Coffee with Cream and Sugar
- Tea with Cream and Sugar
- Cocoa
- Chocolate
- Grape Juice
- Water with meals

Avoid

- Vichy
- Lemonade
- Orangeade

AVERAGE COMPOSITION OF AMERICAN FOOD PRODUCTS

BY W. O. ATWATER, PH.D., UNITED STATES DEPARTMENT OF AGRICULTURE

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD							
Beef, fresh:	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Calories.*
Chuck ribs	16.3	52.6	15.5	15.0	.....	0.8	910
Flank	10.2	54.0	17.0	19.0	.....	.7	1,105
Loin	13.3	52.5	16.1	17.5	.....	.9	1,025
Porterhouse steak	12.7	52.4	19.1	17.9	.....	.8	1,100
Sirloin steak	12.8	54.0	16.5	16.1	.....	.9	975
Neck	27.6	45.9	14.5	11.9	.....	.7	1,165
Ribs	20.8	43.8	13.9	21.2	.....	.7	1,135
Rib rolls	.....	63.9	19.3	16.7	.....	.9	1,055
Round	7.2	60.7	19.0	12.8	.....	1.0	890
Rump	20.7	45.0	13.8	20.2	.....	.7	1,090
Shank, fore	36.9	42.9	12.8	7.3	.....	.6	545
Shoulder and clod	16.4	56.8	16.4	9.8	.....	.9	715
Fore quarter	18.7	49.1	14.5	17.5	.....	.7	995
Hind quarter	15.7	50.4	15.4	18.3	.....	.7	1,045
Beef, corned, canned, pickled, and dried:							
Corned beef	8.4	49.2	14.3	23.8	.....	4.6	1,245
Tongue, pickled	6.0	58.9	11.9	19.2	.....	4.3	1,010
Dried, salted, and smoked	4.7	53.7	26.4	6.9	.....	8.9	790
Canned boiled beef	.....	51.8	25.5	22.5	.....	1.3	1,410
Canned corned beef	.....	51.8	26.3	18.7	.....	4.0	1,270
Veal:							
Breast	21.3	52.0	15.4	11.0	.....	.8	745
Leg	14.2	60.1	15.5	7.9	.....	.9	625
Leg cutlets	3.4	68.3	20.1	7.5	.....	1.0	695
Fore quarter	24.5	54.2	15.1	6.0	.....	.7	535
Hind quarter	20.7	56.2	16.2	6.6	.....	.8	580
Mutton:							
Flank	9.9	39.0	13.8	36.9	.....	.6	1,770
Leg, hind	18.4	51.2	15.1	14.7	.....	.8	890
Loin chops	16.0	42.0	13.5	28.3	.....	.7	1,415
Fore quarter	21.2	41.6	12.3	24.5	.....	.7	1,235
Hind quarter, without tallow	17.2	45.4	13.8	23.2	.....	.7	1,210
Lamb:							
Breast	19.1	45.5	15.4	19.1	.....	.8	1,075
Leg, hind	17.4	52.9	15.9	13.6	.....	.9	860
Pork, fresh:							
Ham	10.7	48.0	13.5	25.9	.....	.8	1,320
Loin chops	19.7	41.8	13.4	24.2	.....	.8	1,245
Shoulder	12.4	44.9	12.0	29.8	.....	.7	1,450
Tenderloin	.....	66.5	18.9	13.0	.....	1.0	895
Pork, salted, cured and pickled:							
Ham, smoked	13.6	34.8	14.2	33.4	.....	4.2	1,635
Shoulder, smoked	18.2	36.8	13.0	26.6	.....	5.5	1,335
Salt pork	.....	7.9	1.9	86.2	.....	3.9	3,555
Bacon, smoked	7.7	17.4	9.1	62.2	.....	4.1	2,715
Sausage:							
Bologna	3.3	55.2	18.2	19.7	.....	3.8	1,155
Pork	.....	39.8	13.0	44.2	1.1	2.2	2,075
Frankfurt	.....	57.2	19.6	18.6	1.1	3.4	1,155
Soups:							
Celery, cream of	.....	88.6	2.1	2.8	5.0	1.5	235
Beef	.....	92.9	4.4	.4	1.1	1.2	120
Meat stew	.....	84.5	4.6	4.3	5.5	1.1	365
Tomato	.....	90.0	1.8	1.1	5.6	1.5	185
Poultry:							
Chicken, broilers	41.6	43.7	12.8	1.4	.....	.7	350
Fowls	25.9	47.1	13.7	12.3	.....	.7	765
Goose	17.6	38.5	13.4	29.8	.....	.7	1,475
Turkey	22.7	42.4	16.1	18.4	.....	.8	1,060

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
ANIMAL FOOD—Continued	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Calories.*
Fish:							
Cod, dressed	29.9	58.5	11.1	.2	.....	.8	220
Halibut, steaks or sections	17.7	61.9	15.3	4.4	.....	.9	475
Mackerel, whole	44.7	40.4	10.2	4.2	.....	.7	370
Perch, yellow, dressed	35.1	50.7	12.8	.7	.....	.9	275
Shad, whole	50.1	35.2	9.4	4.8	.....	.7	380
Shad, roe	.....	71.2	20.9	3.8	2.6	1.5	600
Fish, preserved:							
Cod, salt	24.9	40.2	16.0	.4	.....	18.5	325
Herring, smoked	44.4	19.2	20.5	8.8	.....	7.4	755
Fish, canned:							
Salmon	.....	63.5	21.8	12.1	.....	2.6	915
Sardines	*a*5.0	53.6	23.7	12.1	.....	5.3	950
Shellfish:							
Oysters, "solids"	.....	88.3	6.0	1.3	3.3	1.1	225
Clams	.....	80.8	10.6	1.1	5.2	2.3	340
Crabs	52.4	36.7	7.9	.9	.6	1.5	200
Lobsters	61.7	30.7	5.9	.7	.2	.8	145
Eggs: Hens' eggs	*b*11.2	65.5	13.1	9.3	.....	0.9	635
Dairy products, etc.:							
Butter	.....	11.0	1.0	85.0	.....	3.0	3,410
Whole milk	.....	87.0	3.3	4.0	5.0	.7	310
Skim milk	.....	90.5	3.4	.3	5.1	.7	165
Buttermilk	.....	91.0	3.0	.5	4.8	.7	160
Condensed milk	.....	26.9	8.8	8.3	54.1	1.9	1,430
Cream	.....	74.0	2.5	18.5	4.5	.5	865
Cheese, Cheddar	.....	27.4	27.7	36.8	4.1	4.0	2,075
Cheese, full cream	.....	34.2	25.9	33.7	2.4	3.8	1,885
VEGETABLE FOOD							
Flour, meal, etc.:							
Entire-wheat flour	.....	11.4	13.8	1.9	71.9	1.0	1,650
Graham flour	.....	11.3	13.3	2.2	71.4	1.8	1,645
Wheat flour, patent roller process—							
High-grade and medium	.....	12.0	11.4	1.0	75.1	.5	1,635
Low grade	.....	12.0	14.0	1.9	71.2	.9	1,640
Macaroni, vermicelli, etc	.....	10.3	13.4	.9	74.1	1.3	1,645
Wheat breakfast food	.....	9.6	12.1	1.8	75.2	1.3	1,680
Buckwheat flour	.....	13.6	6.4	1.2	77.9	.9	1,605
Rye flour	.....	12.9	6.8	.9	78.7	.7	1,620
Corn meal	.....	12.5	9.2	1.9	75.4	1.0	1,635
Oat breakfast food	.....	7.7	16.7	7.3	66.2	2.1	1,800
Rice	.....	12.3	8.0	.3	79.0	.4	1,620
Tapioca	.....	11.4	.4	.1	88.0	.1	1,650
Starch	.....	.....	.....	.....	90.0	.....	1,675
Bread, pastry, etc.:							
White bread	.....	35.3	9.2	1.3	53.1	1.1	1,200
Brown bread	.....	43.6	5.4	1.8	47.1	2.1	1,040
Graham bread	.....	35.7	8.9	1.8	52.1	1.5	1,195
Whole-wheat bread	.....	38.4	9.7	.9	49.7	1.3	1,130
Rye bread	.....	35.7	9.0	.6	53.2	1.5	1,170
Cake	.....	19.9	6.3	9.0	63.3	1.5	1,630
Cream crackers	.....	6.8	9.7	12.1	69.7	1.7	1,925
Oyster crackers	.....	4.8	11.3	10.5	70.5	2.9	1,910
Soda crackers	.....	5.9	9.8	9.1	73.1	2.1	1,875

a Refuse, oil.

b Refuse, shell.

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Calories.*
Sugars, etc.:							
Molasses	.....	.....	.....	.....	70.0	.....	1,225
Candy *c*	.....	.....	.....	.....	96.0	.....	1,680
Honey	.....	.....	.....	.....	81.0	.....	1,420
Sugar, granulated	.....	.....	.....	.....	100.0	.....	1,750
Maple syrup	.....	.....	.....	.....	71.4	.....	1,250
Vegetables: *d*							
Beans, dried	.....	12.6	22.5	1.8	59.6	3.5	1,520
Beans, Lima, shelled	.....	68.5	7.1	.7	22.0	1.7	540
Beans, string	7.0	83.0	2.1	.3	6.9	.7	170
Beets	20.0	70.0	1.3	.1	7.7	.9	160
Cabbage	15.0	77.7	1.4	.2	4.8	.9	115
Celery	20.0	75.6	.9	.1	2.6	.8	65
Corn, green (sweet), edible portion	.....	75.4	3.1	1.1	19.7	.7	440
Cucumbers	15.0	81.1	.7	.2	2.6	.4	65
Lettuce	15.0	80.5	1.0	.2	2.5	.8	65
Mushrooms	.....	88.1	3.5	.4	6.8	1.2	185
Onions	10.0	78.9	1.4	.3	8.9	.5	190
Parsnips	20.0	66.4	1.3	.4	10.8	1.1	230
Peas (*Pisum sativum*), dried	.....	9.5	24.6	1.0	62.0	2.9	1,565
Peas (*Pisum sativum*), shelled	.....	74.6	7.0	.5	16.9	1.0	440
Cowpeas, dried	.....	13.0	21.4	1.4	60.8	3.4	1,505
Potatoes	20.0	62.6	1.8	.1	14.7	.8	295
Rhubarb	40.0	56.6	.4	.4	2.2	.4	60
Sweet potatoes	20.0	55.2	1.4	.6	21.9	.9	440
Spinach	.....	92.3	2.1	.3	3.2	2.1	95
Squash	50.0	44.2	.7	.2	4.5	.4	100
Tomatoes	.....	94.3	.9	.4	3.9	.5	100
Turnips	30.0	62.7	.9	.1	5.7	.6	120
Vegetables, canned:							
Baked beans	.....	68.9	6.9	2.5	19.6	2.1	555
Peas (*Pisum sativum*), green	.....	85.3	3.6	.2	9.8	1.1	235
Corn, green	.....	76.1	2.8	1.2	19.0	.9	430
Succotash	.....	75.9	3.6	1.0	18.6	.9	425
Tomatoes	.....	94.0	1.2	.2	4.0	.6	95
Fruits, berries, etc., fresh: *e*							
Apples	25.0	63.3	0.3	0.3	10.8	0.3	190
Bananas	35.0	48.9	.8	.4	14.3	.6	260
Grapes	25.0	58.0	1.0	1.2	14.4	.4	295
Lemons	30.0	62.5	.7	.5	5.9	.4	125
Muskmelons	50.0	44.8	.3	.....	4.6	.3	80
Oranges	27.0	63.4	.6	.1	8.5	.4	150
Pears	10.0	76.0	.5	.4	12.7	.4	230
Persimmons, edible portion	.....	66.1	.8	.7	31.5	.9	550
Raspberries	.....	85.8	1.0	.....	12.6	.6	220
Strawberries	5.0	85.9	.9	.6	7.0	.6	150
Watermelons	59.4	37.5	.2	.1	2.7	.1	50

c Plain confectionery not containing nuts, fruit, or chocolate.

d Such vegetables as potatoes, squash, beets, etc., have a certain amount of inedible material, skin, seeds, etc. The amount varies with the method of preparing the vegetables, and cannot be accurately estimated. The figures given for refuse of vegetables, fruits, etc., are assumed to represent approximately the amount of refuse in these foods as ordinarily prepared.

e Fruits contain a certain proportion of inedible materials, as skin, seeds, etc., which are properly classed as refuse. In some fruits, as oranges and prunes, the amount rejected in eating is practically the same as refuse. In others, as apples and pears, more or less of the edible material is ordinarily rejected with the skin and seeds and other inedible portions. The edible material which is thus thrown away, and should properly be classed with the waste, is here classed with the refuse. The figures for refuse here given represent, as nearly as can be ascertained, the quantities ordinarily rejected.

Food materials (as purchased).	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Ash.	Fuel value per pound.
VEGETABLE FOOD—Continued	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Per ct.*	*Calories.*
Fruits, dried:							
Apples	.....	28.1	1.6	2.2	66.1	2.0	1,185
Apricots	.....	29.4	4.7	1.0	62.5	2.4	1,125
Dates	10.0	13.8	1.9	2.5	70.6	1.2	1,275
Figs	.....	18.8	4.3	.3	74.2	2.4	1,280
Raisins	10.0	13.1	2.3	3.0	68.5	3.1	1.265
Nuts:							
Almonds	45.0	2.7	11.5	30.2	9.5	1.1	1,515
Brazil nuts	49.6	2.6	8.6	33.7	3.5	2.0	1,485
Butternuts	86.4	.6	3.8	8.3	.5	.4	385
Chestnuts, fresh	16.0	37.8	5.2	4.5	35.4	1.1	915
Chestnuts, dried	24.0	4.5	8.1	5.3	56.4	1.7	1,385
Cocoanuts	*f*48.8	7.2	2.9	25.9	14.3	.9	1,295
Cocoanut, prepared	.....	3.5	6.3	57.4	31.5	1.3	2,865
Filberts	52.1	1.8	7.5	31.3	6.2	1.1	1,430
Hickory nuts	62.2	1.4	5.8	25.5	4.3	.8	1,145
Pecans, polished	53.2	1.4	5.2	33.3	6.2	.7	1,465
Peanuts	24.5	6.9	19.5	29.1	18.5	1.5	1,775
Piñon (*Pinus edulis*)	40.6	2.0	8.7	36.8	10.2	1.7	1,730
Walnuts, black	74.1	.6	7.2	14.6	3.0	.5	730
Walnuts, English	58.1	1.0	6.9	26.6	6.8	.6	1,250
Miscellaneous:							
Chocolate	.....	5.9	12.9	48.7	30.3	2.2	2,625
Cocoa, powdered	.....	4.6	21.6	28.9	37.7	7.2	2,160
Cereal coffee, infusion (1 part boiled in 20 parts water) *g*	.....	98.2	.2	.....	1.4	.2	30

f Milk and shell.

g The average of five analyses of cereal coffee grain is: Water 6.2, protein 13.3, fat 3.4, carbohydrates 72.6, and ash 4.5 per cent. Only a portion of the nutrients, however, enter into the infusion. The average in the table represents the available nutrients in the beverage. Infusions of genuine coffee and of tea like the above contain practically no nutrients.

DISTRIBUTION OF VITAMINES IN INVESTIGATED FOOD MATERIALS

Based on Report No. 38 of the British Medical Research Committee, as modified by M. S. Rose (Laboratory Handbook for Dietetics [1])

1 indicates that the vitamine is present.
2 indicates that the vitamine is present in considerable amount.
3 indicates that the vitamine is present in large amount.
? indicates conflicting reports as to its presence.
— indicates that the vitamine is absent or nearly so.
* indicates that the vitamine has not been determined.

SOURCE	A	B	C
Almonds	1	1	*
Apples	*	2	2
Bananas	?	1	1
Barley, whole	1	2	*
Beans, Kidney	*	3	*
Navy	*	3	–
Soy	1	3	–
Beets	–	1	1
Brain	1	2	?
Brazil Nuts	*	2	*
Bread, White (yeast)	–	1	–
Whole Wheat (yeast)	1	2	–
Butter	3	–	–
Cabbage, Fresh Raw	2	3	3
Cooked	2	2	1
Dried	2	3	–? Depends on process
Carrots, Fresh Raw	2	1	1
Cooked	2	1	? Depends on process
Cauliflower	1	2	*
Celery	*	2	*
Chard	1	1	*
Cheese	2	2	–
Chestnuts	*	1	*
Cocoanut	1	2	*
Cocoanut Oil	–	–	–
Codfish	1	1	?
Codliver Oil	3	–	–
Corn Oil	–?	–	–
Cottonseed Oil	–?	–	–
Cream (see also Milk)	3	1	?
Dandelion Greens	2	2	1
Dasheens	–	1	1
Eggs	3	1	–
Egg Yolk	3	1	–
Endive	1	*	*
Fat, Beef	1	*	*
Filberts	*	2	*
Germinated Legumes	1	2	3
Grapefruit	*	2	2
Grape Juice (commercial)	*	1	1
Grapes	*	1	1
Heart	1	1	?
Herring	1	1	?
Hickory Nuts	*	2	*
Honey	–	1	–
Kidney	2	2	?
Lard	–	–	–
Lemon Juice	–	2	3
Limes	–	*	2
Lettuce	2	2	3
Liver	2	2	?

SOURCE	A	B	C
Maize, White	–	2	*
Yellow	1	2	*
Milk, Fresh	3	2	1 Amount depends on cow's diet
Condensed	2	1	?
Dried, skim	1	2	? Depends on process
Dried, whole	3	2	? Depends on process
Skimmed	1	1	1 Amount depends on cow's diet
Meat, Muscle	–	?	?
Nut Margarines (vegetable fat)	–	–	–
Oats	1	2	–
Oleomargarine (animal fat)	1	–	–
Olive Oil	–	–	–
Onions	*	2	2
Oranges	1	2	3
Pancreas	–	3	?
Parsnips	–	2	*
Peanuts	1	2	*
Pears	–	1	*
Peas, Dry	1	2	–
Fresh	1	2	3
Pecans	*	1	*
Pig Heart	1	1	*
Liver	1	1	*
Pine Nuts	*	1	*
Potatoes, Sweet	2	1	*
White, raw	1	2	3
White, boiled 15 min	1	2	2
Prunes	*	1	–
Rice, Polished	–	–	–
Whole Grain	1	2	–
Roe, Fish	1	2	?
Rutabaga	–	2	3
Rye, Whole Grain	1	2	*
Spinach	3	3	3
Squash, Yellow	2	*	*
Sweetbreads (thymus gland)	–	–	–
Tomatoes	2	3	3
Turnips, Swede	–	2	3
Walnuts	*	2	*
Whale Oil	2	*	–
Wheat Kernel	1	2	–
Embryo	2	3	–
Bran	–	1	–
Whey	?	2	?
Yeast	–	3	–

[1] Published by The Macmillan Company, reprinted by permission.

GLOSSARY OF TERMS USED IN COOKERY

GLOSSARY OF TERMS USED IN COOKERY

A la = with

A la Anglaise = English style; plain roasted or plain boiled.

A la Bearnaise = with a rich egg sauce.

A la Blanquette = warmed in a white sauce thickened with eggs.

A la Chartreuse = molded in jelly and surrounded by vegetables.

A la Creole = with tomatoes, onions, and peppers.

A la Jardinière = prepared and served with vegetables.

A la Maître d'Hotel = with a sauce of melted butter, mixed chopped parsley and seasoned with lemon juice, pepper and salt.

A la Marengo = browned in oil and stewed in a rich stock.

A la Poulette = warmed in a white sauce.

A la Serviette = served in a napkin.

Au Beurre noir = with black butter.

Au Beurre roux = with browned butter.

Au Bleu = boiled in white wine with flavorings.

Au Gratin = covered with crumbs and grated cheese and browned over.

Au Gras = Dressed with meat gravy.

Au Lait = with milk.

Au Naturel = without change from natural state other than cooking.

Au Jus = in the natural juice or gravy.

Aux Cussons = with watercress.

Aux Rognons = with kidneys.

Blanch = to parboil or to scald in order to remove skins.

Bouillon = a plain, clear soup.

Bouquet = a spray of each of the herbs used for seasoning.

Braise = to cook in a closely covered stewpan to prevent evaporation of juice.

Brochette = to string on a skewer.

Café au Lait = coffee with milk.

Café noir = clear coffee.

Caramel = a substance made by boiling sugar to a dark brown color.

Collops = meat cut in small pieces.

Consommé = clear soup.

Compôte = fruit stewed in sirup.

Croutons = thin slices of bread fried and used for garnishing dishes and in soups.

Deviled = highly seasoned.

En Casserole = to bake in a covered earthen dish in which the contents may also be served.

En Coquille = served on shells.

En Papillot = served on papers or with paper for convenient handling.

Espagnole = a rich brown sauce.

Glace = frozen, iced.

Grilled = boiled over open coals.

Gumbo = a dish with which okra is served.

Hors d'œuvre = appetizers, dainty relishes served before the soup.

Maigre = dishes without meat, intended for fast days.

Nature = no sauce.

Panure = an entrée that is bread-crumbed.

Persillade = with parsley.

Pimolas = stuffed olives.

Potpourri = a meat stew; highly seasoned, and with spices and vegetables.

Ragoût = meat stewed in a rich gravy.

Réchauffé = warmed over.

Rissoles = small balls of paste filled with a chopped mixture and baked or fried; or the mixture may be rolled in eggs and bread-crumbs and fried.

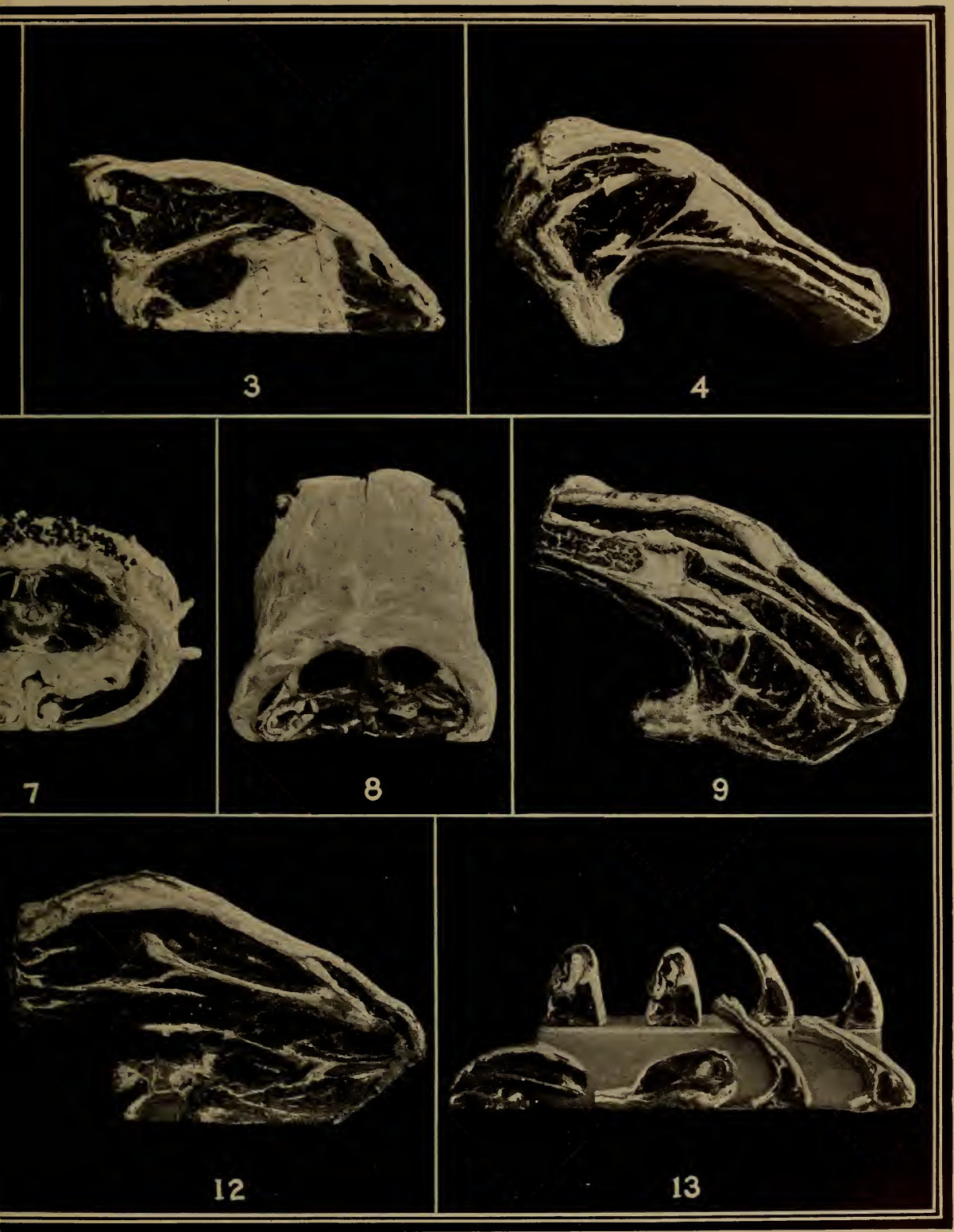
Roulade = a slice of meat on which dressing has been placed, rolled up and skewered into shape, and cooked.

Sauté = to fry in a little hot fat or butter.

Supreme = with a white cream gravy.

Courtesy of Good Housekeeping Magazine

1—Delmonico, incorrectly called club steak. 2—Round-bone sirloin steak. 3—The porterhouse nearest the hip-bone, conta
of lamb or mutton. 8—English or tail saddle of lamb or mutton with kidney knobs showing at the top. 9—Pr
12—Chuck-ribs, an economical large roast. 13—Lamb chops: upper left, two loin-chops: right, two Fr



g greatest amount of fillet. 4—Prime ribs, second cut. 5—Prime ribs, first cut. 6—Round steak. 7—Short or loin saddle
e ribs, third cut, showing tip of shoulder-blade. 10—Hip-bone sirlion steak. 11—Flat or double-bone sirloin steak.
ı rib-chops: lower row, left to right, a rib shoulder chop, round-bone shoulder-chop, and two rib-chops.

WORTH-WHILE HINTS

TIME-TABLE FOR COOKING

BAKING AND ROASTING

Bread and Cakes

Biscuits (baking-powder)	10 to 15 minutes
Biscuits (raised)	12 to 20 minutes
Bread in loaves	40 to 60 minutes
Cookies	6 to 10 minutes
Cornbread (thin)	15 to 20 minutes
Cornbread (thick)	30 to 35 minutes
Cup Cakes	25 to 35 minutes
Fruit Cake	1¼ to 2 hours
Gems	25 to 30 minutes
Gingerbread	20 to 30 minutes
Layer Cake	20 to 30 minutes
Loaf Cake	40 to 60 minutes
Pound Cake	1¼ to 1½ hours
Rolls	12 to 20 minutes
Sponge Cake	45 to 60 minutes
Wedding Cake	3 to 5 hours

Puddings

Batter Puddings	40 to 50 minutes
Bread Pudding	50 to 60 minutes
Cottage Pudding (new)	35 minutes
Custard	30 to 45 minutes
Custard, Cup	20 to 30 minutes
Indian Pudding	2 to 3 hours
Plum Pudding	2 to 3 hours
Rice Pudding (uncooked rice and no eggs)	2 to 3 hours

Pastry

Cheese Straws	8 to 10 minutes
Patties	15 to 25 minutes
Pies	30 to 50 minutes
Tarts	15 to 20 minutes
Vol-au-vents	45 to 60 minutes

Meats

Beef, Ribs of, rare	8 to 10 minutes per pound
Beef, Ribs of, well done	12 to 16 minutes per pound
Beef, Ribs of, Rolled, rare	12 to 15 minutes per pound
Beef, Ribs of, Rolled, well done	18 to 22 minutes per pound

Beef, Fillet of, rare ..... 20 to 35 minutes per pound
Ham, Smoked ..... 30 to 35 minutes per pound
Lamb, Leg of ..... 15 to 20 minutes per pound
Lamb, Shoulder of ..... 15 to 20 minutes per pound
Lamb, Rack of ..... 15 to 20 minutes per pound
Liver, Lamb's ..... 30 to 45 minutes
Mutton, Saddle of ..... 20 to 25 minutes per pound
Pork, Loin of ..... 20 to 25 minutes per pound
Pork, Shoulder of (Fresh ham) ..... 25 to 30 minutes per pound
Spare Ribs, Fresh ..... 30 minutes
Veal ..... 18 to 22 minutes per pound

Poultry

Chicken ..... 15 to 20 minutes per pound
Duck, Domestic ..... 15 to 20 minutes per pound
Duck, Wild ..... 20 to 30 minutes per pound
Goose ..... 20 to 25 minutes per pound
Squab ..... 30 to 45 minutes
Turkey ..... 20 to 25 minutes per pound

Fish

Large Fish ..... 1 to 1½ hours
Small Fish ..... 20 to 30 minutes

Vegetables

Baked Beans ..... 1 to 8 hours
Depending upon how thoroughly ingredients have been cooked previously.
Eggplant ..... 20 to 30 minutes
Potatoes ..... 45 to 60 minutes
Stuffed Peppers ..... 15 to 20 minutes

BOILING AND STEAMING

Breads

Boston Brown Bread ..... 3½ hours
Dumplings ..... 12 to 15 minutes

Puddings

Apple Pudding ..... 1¼ to 1½ hours
Blueberry Pudding ..... 1¼ to 1½ hours
Cottage Pudding (from stale cake) ..... 10 minutes
Cranberry Pudding ..... 3 hours
Fig Pudding ..... 3 to 4 hours
Fruit Pudding ..... 4 hours
Graham Pudding ..... 1½ hours
Plum Pudding ..... 5 to 6 hours
Suet Pudding ..... 3 hours
Tapioca Custard ..... 30 minutes

Meats

Beef, Pot Roast of	4 to 6 hours
Beef, Corned	4 to 8 hours
Ham	4 to 6 hours
Stew	3 to 6 hours
Tongue	3 to 4 hours

Eggs

Soft-cooked	3 to 8 minutes
Hard-cooked	30 to 45 minutes

Fish

Small Fish	6 to 10 minutes
Bluefish and Bass	30 to 45 minutes
Cod and Haddock	6 minutes per pound
Halibut (thick piece)	15 minutes per pound
Lobster	20 to 25 minutes
Salmon (thick piece)	10 to 15 minutes per pound
Shrimps	25 to 30 minutes

Poultry

Chicken	25 to 30 minutes per pound
Fowl	30 to 35 minutes per pound
Turkey	20 to 25 minutes per pound

Vegetables

Asparagus	20 to 25 minutes
Beans, Butter	30 to 40 minutes
Beans, Green	40 to 60 minutes
Beans, Lima (fresh)	30 to 40 minutes
Beans, Dried	1 to 1½ hours
Beet Greens	25 to 30 minutes
Beets	40 to 60 minutes
Brussels Sprouts	15 to 20 minutes
Cabbage	½ to 1½ hours
Carrots	30 to 45 minutes
Cauliflower	20 to 30 minutes
Celery	10 to 20 minutes
Corn, Green	10 to 20 minutes
Macaroni (or Spaghetti)	20 to 30 minutes
Okra	25 to 30 minutes
Onions	40 to 60 minutes
Oyster Plant	45 to 60 minutes
Parsnips	30 to 45 miuutes
Peas	20 to 30 minutes
Peppers, Green	15 minutes
Potatoes, Sweet	15 to 25 minutes
Potatoes, White	20 to 30 minutes

Rice	1 hour
Spinach	25 to 30 minutes
Squash	30 to 45 miuutes
Swiss Chard	25 to 30 minutes
Tomatoes	15 to 20 minutes
Turnips	30 to 45 minutes

BROILING

Bacon	2 to 3 minutes
Beefsteak, one inch thick	4 to 6 minutes
Beefsteak, one and one-half inches thick	8 to 10 minutes
Chops, Lamb	6 to 8 minutes
Chops, Pork	8 to 10 minutes
Chops, Veal	8 to 10 minutes
Cutlet, Veal	8 to 10 minutes
Ham	5 to 7 minutes
Kidneys, Lamb's	3 to 4 minutes
Liver	4 to 5 minutes
Chicken	20 to 25 minutes
Squab or Quail	8 to 10 minutes
Whole Medium-sized Fish	15 to 20 minutes
Small Thin Fish	5 to 8 minutes
Slices of Large Fish	12 to 15 minutes

MARKETING

The Stores

THERE is no reason why meat-markets, fish-stores, grocery-stores, fruit-stores, and milk-stores should not be just as cleanly as one's own home. In the large cities and in many of the smaller towns laws have been passed making it compulsory for the food-distributor to do his utmost to protect the health of his customers.

Seeing that these laws are enforced is within the province of the housewife—not that she must assume the duties of the police, but she can transfer her patronage to the well-kept store and thus make the storekeeper realize it is to his advantage to obey the health laws. Sometimes a storekeeper will argue that he will be obliged to raise his prices if he is obliged to comply with the law. There is no weight to his argument; if he keeps his place clean, his goods protected from flies and other insects, and stocks only with first-class goods, the amount of loss from deterioration is reduced to a minimum.

Systems

There are two ways of conducting business. The older one is now spoken of as the "credit-and-delivery system" and the other as the "cash-and-carry system." Where the business is done under the older system the services of more clerks are needed to do an amount of business equal to that done under the cash-and-carry plan; there are the bookkeepers, order clerks, delivery boys, and the upkeep of delivery vehicles which all add to the overhead expense of the store and the cost of which must be added to the selling price of each article. Then, too, the shop-keeper must figure that a certain percentage of the profit of the business as shown on his books is loss because of unpaid bills. Sometimes a housewife is justified in patronizing a credit-and-delivery store, but as a general rule she can so plan her tasks that it is convenient to call at the "cash-and-carry" stores and take her purchases home with her. If she is unable to get out there is generally some small boy in the neighborhood who will be glad to go for her.

Purchasing in Bulk

The town and country dweller has a big advantage over the city dweller when it comes to storage space. In the small city apartment there is usually no satisfactory place where several months' supply of any one item may be kept. Hence the city-wife is obliged to buy only enough for the day.

In the towns and country the houses are generally built with large, cool, dry cellars. It is easy to partition off part of this for food-storage. Potatoes, apples, and the like may be purchased in the fall when prices are lowest and used as needed. Eggs may be bought in the spring when they are plentiful, put down in water glass, and the supply drawn upon when the market price of eggs rises.

Fresh vegetables and fruits should be bought when they are in season, and prepared for winter use by either canning or dehydrating. Other household commodities, such as flour, sugar, and cereals should be purchased in large quantities, so as to take advantage of the lower proportionate price.

Co-operative Buying

Sometimes the family is too small to use the whole of some thing. For example it may be a crate of fruit. Then

let several neighbors purchase it together, thus each will have no more than she can use and each will get the advantage of the bulk-price.

Meat

In selecting meat, choose the tender cuts for broiling and roasting, and the tougher (and cheaper) parts for stewing. There should be both fat and bone. If fat is lacking it is a sign that that meat has come from an animal which was either old or poorly fed.

Beef

When good beef is first cut the lean part is firm and will show no mark when pressed by the finger; in color it is a purplish red which changes to bright red on exposure to the air. When a butcher receives a beef-animal he divides it into quarters, these being known as the two fore-quarters and the two hind-quarters. The division is made just back of the ribs. The first six ribs are known as the "prime ribs." The first steaks cut on the small end of the loin are "short steaks" and have very little of the tenderloin which is under the loin. Between these and the point where the hip-bone joins the spine are cut the "porterhouse steaks." The "sirloin steaks" come next, between this joint and the thighbone.

Mutton and Lamb

Mutton and lamb are generally quartered as is beef. The flesh should be bright red with firm white fat. The fore-quarter is divided into head, neck, shoulder, breast, and rack; the hind-quarter into the loin and leg.

Veal

Good veal is flesh-colored and firm with white fat and should come from a calf two months old—younger than that is not safe. The carcass is divided as is mutton. Chops and cutlets come from the hind-quarters, the cutlets being slices cut from the leg.

The sweetbreads are part of the digestive organs and there are two pair: "heart" and "throat." The heart sweetbread is short and firm and preferable when it is to be served whole. The throat sweetbread is long and full of membrane, but is just as good if it is to be creamed or served in small pieces.

Pork

Fresh pork is pale red in color, firm, and with white fat. Salt pork is white or pinkish white. The animal is divided by the butcher as is mutton. The chops come from the ribs and the loin. When salted and smoked the hind legs are called ham, the flank bacon.

Poultry

Poultry is a general term including chickens, turkeys, ducks, geese, and pigeons raised by man. Wild fowl (turkeys, ducks, geese, quail, partridges, and grouse) are called "game."

Chicken is seasonable all round the year. Broilers are more plentiful in the late spring, roasting chickens in the summer and fall, and fricassee chickens in the late winter and early spring. For broiling, choose a young chicken five months old or less, weighing one and a half to two pounds; it should be short and plump in shape. For roasting, a young cock is preferable; the lower part of the breast-bone should be flexible. For stewing or fricasseeing, purchase an older fowl, preferably a hen over a year old.

Turkey is in season from late fall to early spring. Hens or young gobblers are best for roasting. Select a short plump bird with flexible breast-bone.

Ducks and geese are in season all the year. If given plenty of water to drink, but not enough to swim in, they will flesh up very quickly and make very tender eating. This is so, because using the muscles for swimming hardens them. Choose a meaty specimen.

It is better to buy fowls direct from the

producer whenever possible. Instructions can then be given for the proper treatment of the bird before and after killing. During the last twenty-four hours of life, the fowl should not be given any food, but should have access to plenty of clean water. This will insure clean intestines and an empty crop, resulting in a better flavor to the entire bird. After killing, poultry should hang twenty-four hours before cooking.

It is difficult to get a butcher to properly clean a fowl, because to do so takes more time than he feels he can spend on an individual order; hence it is better for each housewife to do this herself.

To dress poultry, hold it over a flame to singe off all the fine hairs. Then scrape the skin, being careful not to break it, in order to remove all pin-feathers and pieces of quills which may have been left from the plucking. Then cut off the head leaving as much of the neck as possible. Push back the skin on the neck and cut out the flesh and bone as close as possible to the body. Twisting the neck will disjoint it and indicate where to cut with the knife. The windpipe, the food tube, and the crop, can be pulled out through the neck-skin which now hangs empty. The next step is to make a cross cut just below the point of the breast-bone. Then with a sharp knife cut a circular hole around the vent. Put the hand into the large slit and loosen up all of the organs. Do this carefully so as not to break the gall—the little green gland next to the liver. Then remove all the organs including heart and lungs through the large opening below the breast-bone. Bend back the legs at the joint below the fleshy part and sever with a sharp knife. In the case of a turkey or an old hen pull out the white sinews from the upper leg using a pair of pliers. Cut out the oil sack on the rump. The heart, liver, gizzard, and blanket of fat should be separated from the intestines, still being very careful not to break the gall. Cut off the top of the heart which will permit the withdrawal of the tough skin covering it; split the gizzard on one side and remove the inner lining with its contents.

After the fowl has been washed let it soak in salt and water for half to three-quarters of an hour, remove and cover with salt and pepper, and let drain for a while. When ready to put in dressing, fill the larger cavity, then put the feet through the large opening and draw them out through the smaller round opening. Fasten them in place and close the large opening with two or three metal skewers. Turn the bird back up and put dressing into the neck-skin pushing it down until the breast is filled. Then fold back the neck-skin onto the back, bend back the third or "hand" section of the wing, and fasten with two long metal skewers, one inserted from each side. When the turkey or chicken is cooked and before sending to the table pull out the skewers. Fowl prepared in this manner looks nice on the table and there is no forgotten string to embarrass the housewife.

To prepare a chicken for fricassee, clean in the same way and cut apart at the joints; large pieces like the breast will require two or three cuts where there are no joints. For broiling, split the chicken along the entire length of the back-bone.

Fish

In purchasing fish the choice should be limited to those that are in season, as fish kept in cold storage lose their flavor. In some places fish are caught with nets, and kept alive in tanks until wanted; this is an excellent plan. In good fresh fish, the flesh is thick and firm, the scales bright and stiff, the eyes full and prominent. Refuse to take the fish that is "mushy."

Lobsters, crabs, oysters, and clams should be alive when cooked as they are injurious if dead before cooking.

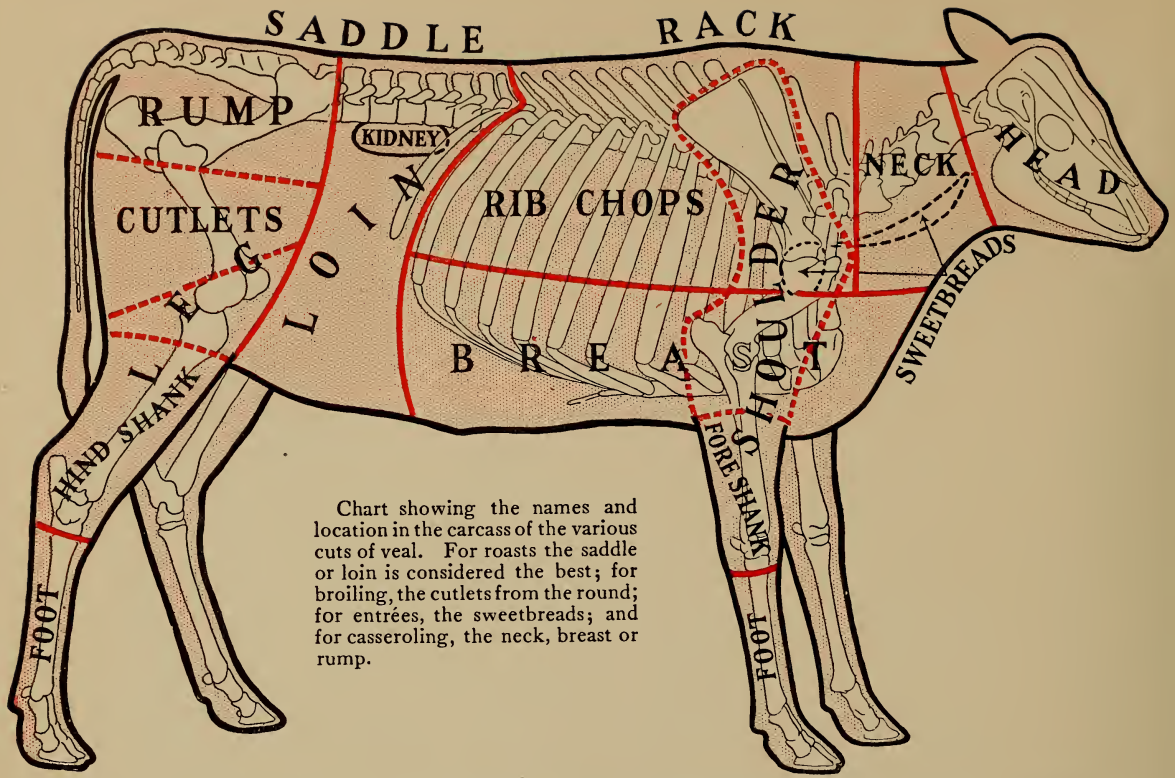


Chart showing the names and location in the carcass of the various cuts of veal. For roasts the saddle or loin is considered the best; for broiling, the cutlets from the round; for entrées, the sweetbreads; and for casseroling, the neck, breast or rump.

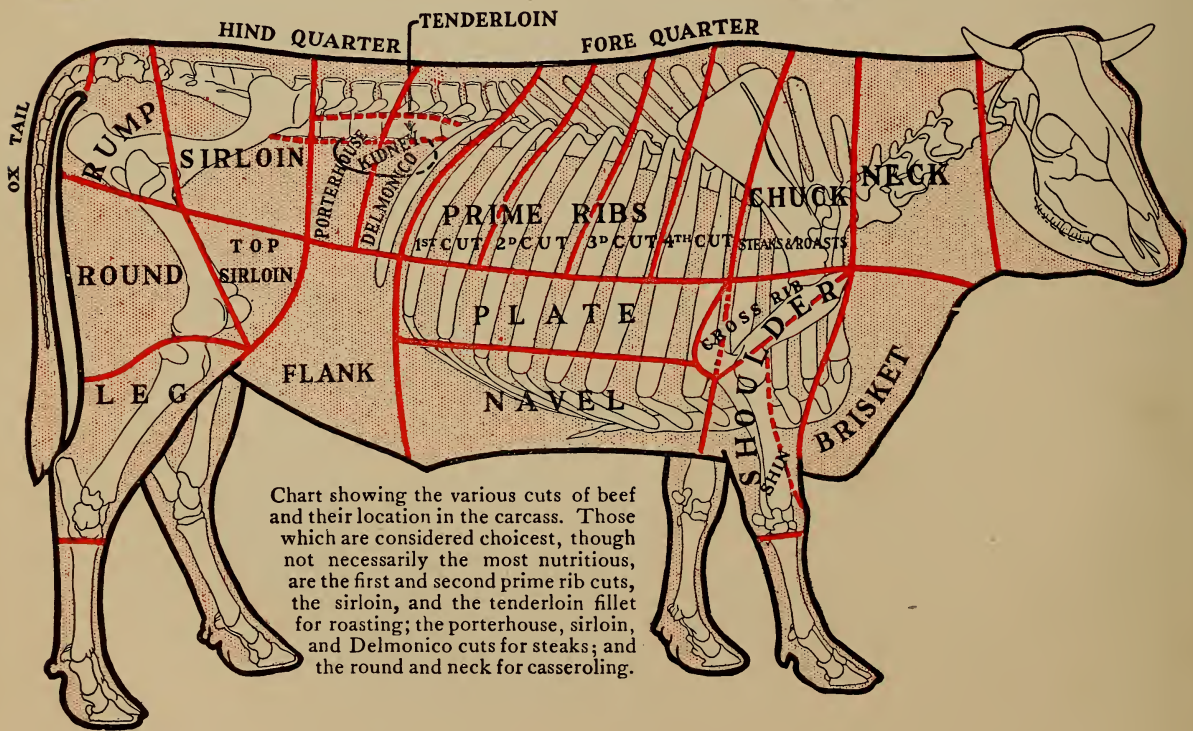


Chart showing the various cuts of beef and their location in the carcass. Those which are considered choicest, though not necessarily the most nutritious, are the first and second prime rib cuts, the sirloin, and the tenderloin fillet for roasting; the porterhouse, sirloin, and Delmonico cuts for steaks; and the round and neck for casseroling.

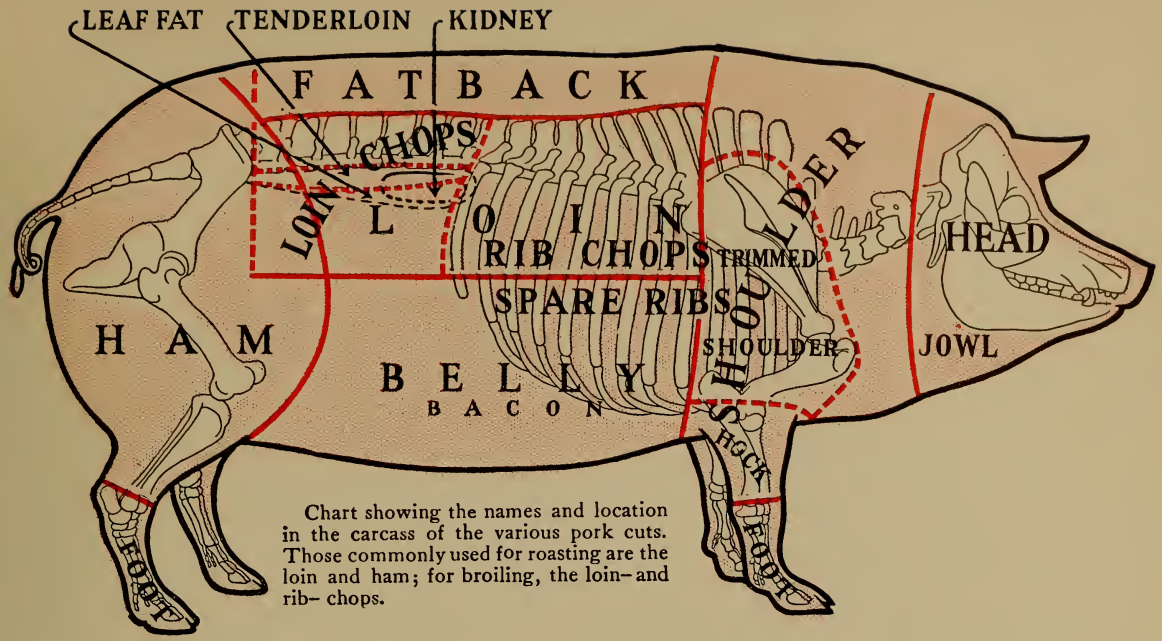


Chart showing the names and location in the carcass of the various pork cuts. Those commonly used for roasting are the loin and ham; for broiling, the loin- and rib- chops.

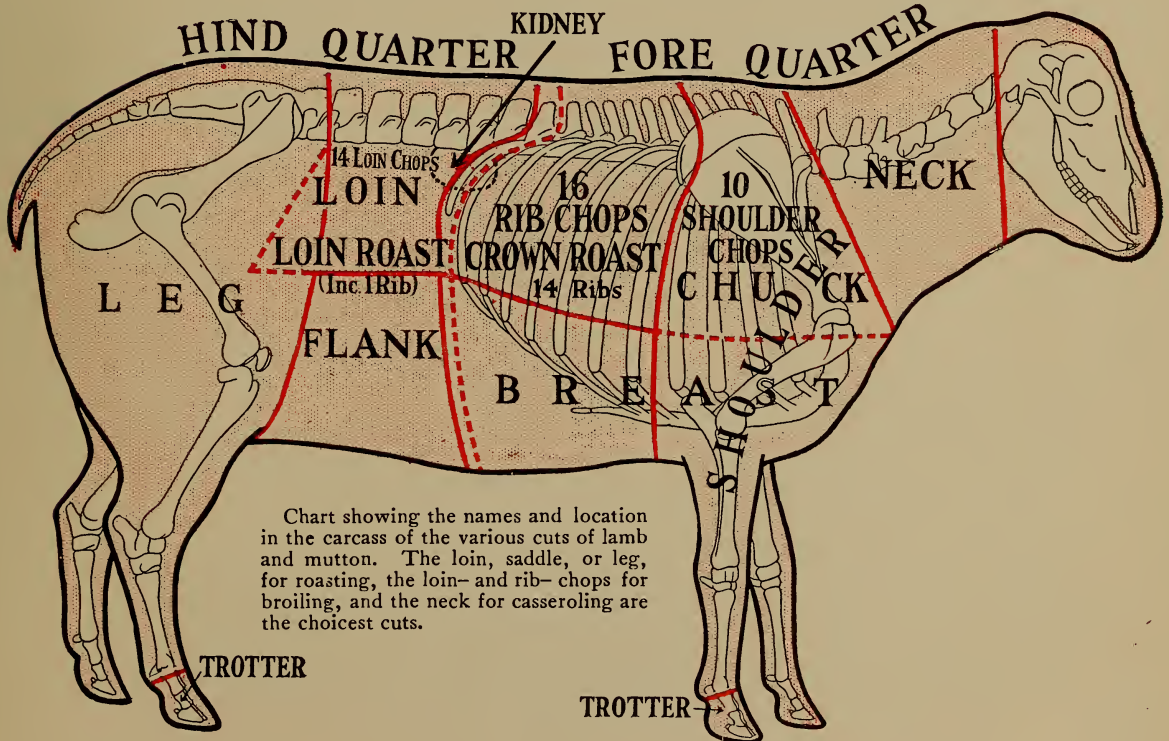


Chart showing the names and location in the carcass of the various cuts of lamb and mutton. The loin, saddle, or leg, for roasting, the loin- and rib- chops for broiling, and the neck for casseroling are the choicest cuts.

SETTING THE TABLE

The Dining-Room

ONE of the most important rooms in the house is the dining-room. Here the entire family gather several times a day; here the favored guests are brought. From it go every morning those members of the family who go to business and school. The room and its furnishings should be attractive in every way, the atmosphere of the conversation cheerful, and the food well-cooked and daintily served, for the silent influence of these things reaches far. With a day begun happily at home the husband and father approaches the worries and perplexities of his business day with an assurance of success that is more than half the battle, and the children are in a mental and physical state which makes the school lesson a pleasure instead of a task. Then at evening when all have returned from the daily work, they again sit around the family board, and if the ideal conditions still exist, each member of the group retires to a rest which is quiet and peaceful and health-giving.

But—a badly furnished, poorly lighted, untidy dining-room sets every nerve on edge and inclines the tongue to say sharp, biting, unkind things. Bickering and quarrelling at meal time is a sure method of causing indigestion. The blood which should be supplying the nerve centers of the digestive tract is drawn upon to replenish the brain cells which are undergoing an unusual strain. Even should there be no violent quarrelling the offense to the esthetic sense of the unattractive room will have the same result in a milder way.

The Table-Covering

Some people like a plate-glass top on the table; but, while it does protect the table from scratches and the effect of hot dishes, it is not satisfactory in every way. As it must be cut to fit the table when it is either without leaves or with just the number usually in service, it cannot be used when it is necessary to enlarge the table. The most satisfactory all-round arrangement to use on the bare table between meals is a linen centerpiece, removing this when setting the table and putting on a silent-cloth under the tablecloth. This silent-cloth may be made of asbestos, quilted cotton, or felt. Either the quilted cotton or the felt will prove satisfactory, because they are easy to launder and spots from spilled things can be readily removed.

In setting a table the first thing to remember and do is to put the silent-cloth, the tablecloth, and all the other things on "straight." If the silent-cloth hangs below the tablecloth, if the tablecloth hangs lower on one side than the other, if the long fold in the tablecloth goes in any other direction than from the head to the foot of the table, if the dishes look as if they had been "thrown at the table" and left just where they hit, it is useless to expect a pleasing result. These details may seem trifling, but just as one instrument out of tune in an orchestra will make a discord that spoils the symphony, so these can spoil the harmony of the dining-room.

Table Mats

There should be a plentiful supply of mats of various sizes to put under hot dishes and plates. These are made of different kinds of materials. There are straw ones which can be bought in sets of three or five, but as they make a contrasting color on the table they are not altogether pleasing to the eye. Some people attempt to remedy this by covering them with white doilies, but the doilies so frequently slip that this plan can hardly be termed satisfactory. A second kind of

mat is crocheted from Dexter cotton. Up to a comparatively few years ago this was the only kind of mat in general use. The mother and daughters of the family made them, and fearful and wonderful were the shapes of some of them which were made by the younger members of the family. It is quite a knack to be able to make one of these mats that is perfect in shape and lies flat upon the table. They are particularly satisfactory because they can be easily and quickly laundered. Comparatively recently there has come into wide use a third kind of mat. This is an asbestos pad cut either round or oval and bound around the edge. These mats are slipped inside of linen covers, much the same as a pillow is put into a pillow-case. These look very well on a table and have the same good quality as the crocheted mats, that of being easily laundered.

There should be a round mat of medium size for each place at the table. Larger ones are necessary for the vegetable dishes, whether these are put on the table or on the serving-table. A still larger one is needed for use under the meat platter. Small ones are useful to put under the side-dishes at each place.

Carving-Cloth and Tea-Cloth

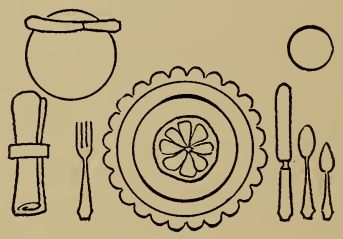
Some people like to put in front of the person who is to do the carving a carving-cloth, and before the person who pours the tea or coffee, a tea-cloth. These are a protection to the table-cloth, and being small are more easily washed in case of an accident.

Colored or White Linen?

For general use all the linen for the dining-room should be white. Even if it is embroidered, this statement is true. There are two very good reasons why this is so: first, there is always danger of something being spilled with a consequent stain on the linen, and, if the cloth or centerpiece or napkin is colored, the reagent used to remove the stain may also remove some or all of the original color in that spot, thus permanently ruining the appearance of the cloth; second, plain white "sets off" the dishes, silver, flowers, and foods to better advantage, just as plain wall-paper makes a better background ("sets off") pictures and furniture in a room.

Breakfast

The first meal of the day should begin with fruit and be followed by a cereal and an entree. Therefore, in setting the table for this meal put at each place a mat, to the right put a small knife, cereal spoon, and a spoon for the fruit if one



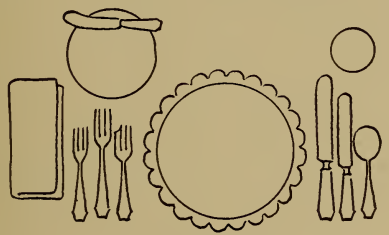
BREAKFAST

is needed, just above this put a glass of water. To the left put one fork and the napkin. Just above the fork put a bread-and-butter plate and across it a butter spreader. The silver should be face up. On each mat put a breakfast plate. On top of the breakfast plate put a small plate for the fruit. If the fruit is cooked it should be put in a small dish and this dish put on top of the fruit plate. At the housewife's place should be arranged, the cups and saucers, sugar-bowl, cream pitcher, spoon holder, and the coffee percolator. Before the master of the house should be a large mat for the entree. If potatoes are to be served, a smaller mat on one side of the table for that dish, and on the other side a mat for the dish of hot bread. After the family have finished with the fruit remove from in front of each place all but the bottom plate which

is known as the serving plate. The cereal is then brought in in individual dishes and these dishes placed upon the serving plate. After the cereal is finished remove these dishes and the service plate. Put in front of the master of the house, plates for everybody, upon which he will put the individual portions of the entree. If no individual mats are used, then allow the service plate to remain throughout the meal.

Luncheon

For the ordinary home luncheon arrange each place as suggested for breakfast, except, of course, that the fruit plate and fruit are not put on and there are extra forks for the various courses, the one to be used first being at the extreme left. Before the mistress of the house place the pile of soup plates and the soup-tureen. As she serves the soup the dishes



LUNCHEON

are passed to each member of the family and put upon the service plate. After the soup is finished remove both soup dish and service plate. If there is a fish course it may either be served away from the table and the plates with each portion on brought to the individuals, or it may be served by the person seated at the head of the table. The entree follows and is served by the person at the head of the table. The salad is served by the housewife, as is also the dessert and the tea or coffee. If individual mats are not used, then do not remove the service plate until after the dessert is served.

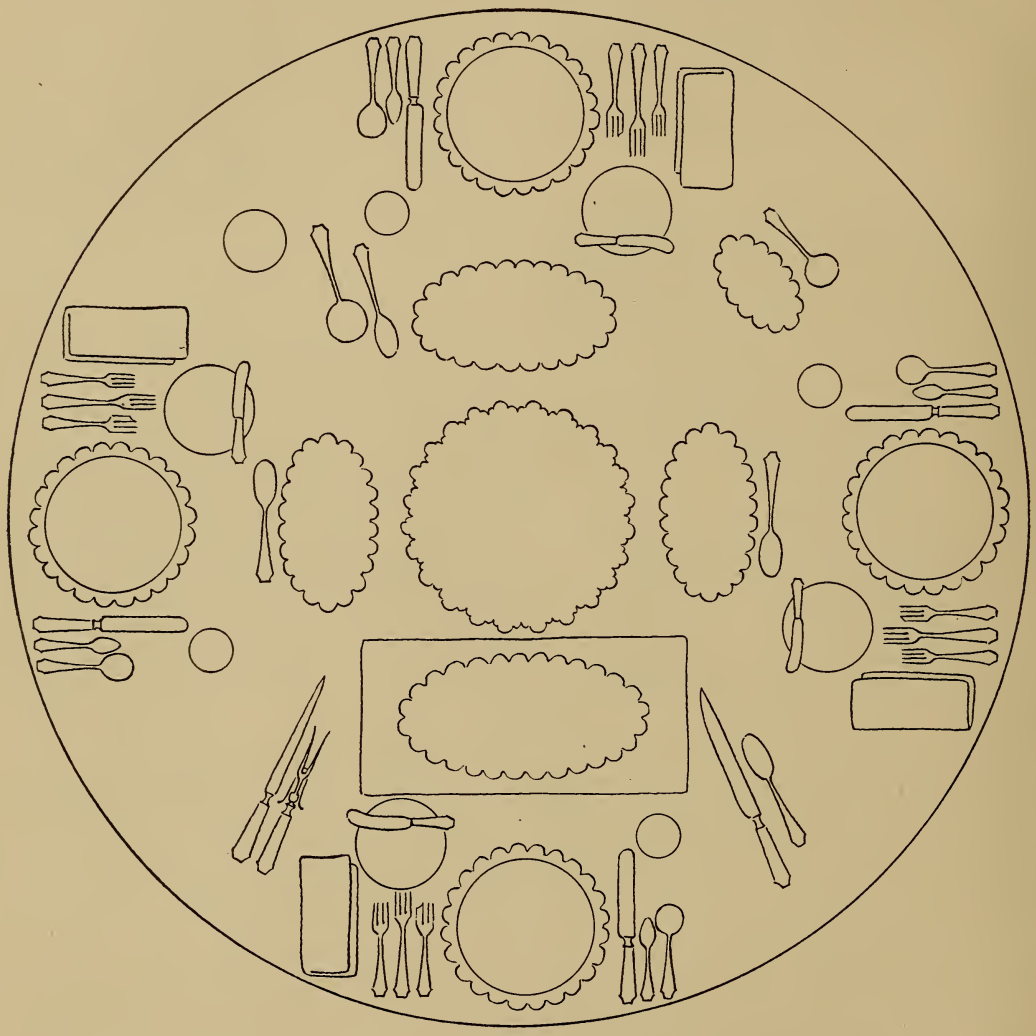
For the luncheon party the housewife sometimes chooses to serve without a tablecloth. In this case she puts in the middle of the table, a centerpiece and at each plate doilies or mats. These vary in size, the largest one for use under the plates, and smaller ones for the bread-and-butter plates and for the glass of water. At a luncheon party it is also permissible to use a small fancy cloth on the table. This is the only meal when it is good form to use anything in the way of colored linens. The napkins should, of course, match the cloth. Flowers should be put in the center of the table.

Dinner

Dinner being the most important meal of the day requires more dishes and accessories than any one of the others. First, put on the silent-cloth, then the table-cloth. Over the center put a centerpiece, and at the master's place, a carving-cloth. If there is no maid, put on a large table mat on which the dish containing the roast is to be placed. Put this in front of the master. Put a mat in front of the mistress for the vegetable which is to be served in side dishes; a mat on one side of the table for the potatoes. To the right of the large mat put a carving-knife, to the left, the steel and carving-fork. If there is a dressing in the roast, put a serving spoon to the right of the carving-knife. Put a serving spoon beside each of the vegetable dishes. If there is to be gravy, a small mat should be on the table for the gravy dish and beside it the gravy ladle. At each place put a mat, bread-and-butter plate, service plate, a glass of water, and to the right of the mat put a dinner knife, a teaspoon if there is a vegetable like stewed corn or peas, and a soup spoon. To the left place a salad fork, dinner fork, and fish fork (the fish fork being furthest from the plate) and the napkin. The butter spreader should be placed across the bread-and-butter plate as at breakfast. At the mistress's place arrange the soup plates. The soup-tureen when brought in is placed before her. If

there is a maid to wait upon the table the arrangement of the individual places is the same as just mentioned, but the mats and silver to be used later in the meal are not

individual mats. The dessert is brought to the table and placed in front of the mistress. The dishes upon which it is to be served are placed in front of her, to-



DINNER

put upon the table before the time; they are brought in as needed. The removal of the plates follows the same course as at luncheon. After finishing the salad the table is cleared of everything except the

gether with the spoons or forks that are needed. The coffee is brought in and placed to her right, the cups to her left, and after serving the dessert she pours out the beverage.

ECONOMY HINTS

FOOD

1. Long soaking of dried (dehydrated) vegetables and fruits will save fuel.

2. Cereals soaked overnight in cold water and cooked in the morning in the same water only take half as long to cook and thus save time and fuel.

3. Putting an apple in the cake-box will help to keep the cake fresh.

4. To cook bacon brown and crisp and without danger of burning it or smoking the house, lay the strips of bacon on an open-mesh wire frame, place over an oven pan and put in the oven.

5. Eggs put down in water glass when they can be bought cheaply can be used when the price of eggs in the market is high, and will give satisfactory results.

6. Soaking meat which is to be cooked in the oven, such as roast beef, leg of lamb, roast pork, turkey, and chicken, in salt water for from a half to three-quarters of an hour will make it more tender; the blood is sometimes drawn from the edge of the meat by this method, but this does no harm whatsoever.

7. A few grains of rice in each salt shaker will absorb the moisture and keep the salt from packing.

8. Boiling the potatoes with the skins on prevents the loss of valuable mineral salts which are deposited just under the skin of the potato.

9. The water in which potatoes have been boiled can be used in making bread.

10. The water in which potatoes, spinach, asparagus, beans, and other vegetables have been cooked should be used in making the soup.

11. New potatoes can be baked as well as old potatoes, but they should be pierced thoroughly with a fork so that the moisture has a chance to escape.

12. Onions should be thoroughly peeled —not just the tough skin that is on the outside, but one layer and the thin skin under it should be removed. This prevents indigestion from eating onions.

13. Eggs may be soft-boiled by standing them in hot water for five or six minutes; eggs cooked in this way are more digestable and will not stain the silver. This method is called "coddled eggs."

14. To make sandwiches quickly and economically put the filling through a food chopper, mix with it the seasoning and melted butter; cut the first slice of bread from the loaf, spread the mixture over the cut end of the loaf, cut off the second slice and put it on the first, cut off the third slice, put the mixture on the fourth slice, and proceed as before. By this method there is a great deal less butter used.

15. Never permit fresh meat to remain wrapped in common paper; transfer to a dish and cover with waxed paper to prevent loss of juice.

16. Adding a few drops of extract of vanilla to a pot of cocoa gives a richness to the beverage.

UTENSILS

1. Soak a new broom in hot salt water before using; this will toughen the bristles and make it last longer.

2. As a broom wears down cut the lower cords and thus get longer service from the broom.

3. If a broom begins to spread, put a band around it made from an old stocking leg.

4. To dust walls and woodwork make a bag of canton flannel to fit over a broom and put it on with the downy side out.

5. Flour bags make excellent dish cloths.

6. Napkins for school lunches and picnics can be made from good parts of old table-cloths.

7. Salt bags and small flour bags should be saved and used for straining fats.

8. A sink-broom is excellent for use in washing pots and frying pans when the food is stuck to the sides.

9. Steel wool, which can be purchased from hardware stores, is excellent for cleaning aluminum.

10. A simple and convenient jelly-bag can be made by taking an embroidery ring, some string and some cheese-cloth. Take two or three thicknesses of cheese-cloth, fold and seam together like a pillow-case; on the open end put the embroidery ring and baste the goods over it to hold it in place, tie strings at four points equally distant from each other, bring the strings together at a point about fifteen inches from the bag; turn the two lower corners of the bag up, so that there will be a point in the center, and baste them in place.

11. Triplicate sauce pans will save space because two or three of the set can be used in the same space occupied by one kettle of the old type.

12. Discolored aluminum kettles may be restored to their original white color by washing in a mixture of three parts borax in 100 parts water with a few drops of ammonia added.

13. To apply scouring-powder for cleaning steel knives use a piece of pumice-stone or a large cork.

14. To clean paint or varnish from glass use steel wool.

STAINS

Stain	*Reagent*	*Method*
Iodine	Ammonia	If cloth, put spot over basin and pour ammonia on it. Then wash thoroughly. If on wood, apply ammonia with old cloth or cotton.
Black Ink	Ink Eradicator	Directions on package.
	Lemon juice and salt	Put spotted garment over a basin and let solution drip through it.
	Milk	While the stain is fresh wash in sweet milk.
Vinegar	Baking Soda and weak Ammonia	Make solution and wash.
Iron rust	Lemon juice and salt	Put spotted garment over a basin and let solution drip through it.
Grease	Benzine and Soap Solution	Pour benzine on spot and absorb with clean blotting-paper. Then wash with soap and water.
Kerosene	Benzine and Soap Solution	Pour benzine on spot and absorb with clean blotting-paper. Then wash with soap and water.
Machine Oil	Benzine and Soap Solution	Pour benzine on spot and absorb with clean blotting-paper. Then wash with soap and water.
Varnish and Paint	Turpentine or Benzine, then Soap	Pour turpentine or benzine on spot and absorb with clean blotting-paper. Then wash with soap and water.
Red Ink	Chloride of Lime	If white cotton or linen goods, immerse in Chloride of Lime solution.

STAINS

Stain	*Reagent*	*Method*
Red Ink, *continued*	Ammonia	If goods containing wool, silk, or dye, wash with a luke-warm soap solution containing the ammonia.
Fruit	Chloride of Lime	If white cotton or linen goods, immerse in Chloride of Lime solution.
	Ammonia	If goods containing wool, silk, or dye, wash with a luke-warm soap solution containing the ammonia.
Blood	Water	Soak in cold water until stain is loosened, then wash in luke-warm water with soap.
Mildew	Sun and air	Wash and expose to sun and air.
Candle wax	Blotting-paper and warm iron	Place blotting-paper over and under the spot and rub with a hot iron.
Chocolate	Rain-water or water in which borax has been dissolved.	Wash with the rain-water or wash with the borax solution.
Coffee	Boiling water	Put stain over a vessel and pour boiling water, with force, through the goods.
Cream and milk	Cold water	Wash while fresh.
Grass	Naphtha soap and luke-warm water	Wash in solution at once. If not entirely removed, a little ammonia may be added.
Meat juice	Cold water	Soak in cold water until stain is loosened, then wash with soap and water.
Scorch	Sunlight	Expose to it.
Tea	Glycerine and boiling water	Spread stain over a vessel, pour glycerine over it, then boiling water.

GENERAL

1. USING A TRAY WAGON TO SAVE STEPS.

In most houses the dining-room and kitchen are on the same level. An enameled iron tray wagon will be found of great convenience to the housewife. It can be drawn up close to the stove and on it put the warm plates, the meat, and the vegetables, and all taken into the dining-room at one time. After putting the things on the table the tray wagon can be left at one side of the room until that part of the meal is finished, then the soiled dishes and unused food can be put on it and taken back to the kitchen in one trip. They can be transferred to the kitchen table, and the dessert put on the tray wagon and brought into the dining-room. In case of a party the sandwiches and many other things can be placed on the tray wagon before the company comes and thus save confusion.

2. PLANNING A MEAL TO SAVE FUEL.

This suggestion is especially applicable for those who use a gas range. If the meal is to have a roast meat, the potatoes can be baked in the oven at the same time. They may be either baked in their jackets or they may be peeled, partially boiled on top of the stove, and then put in the dish with the meat for final cooking. If the meat is in the nature of a stew or pot-roast or a fricassee, the potatoes can be put in the same pot, as are very often, all of the other vegetables. Try to cook as many of the items of food for the meal on the same part of the stove as you possibly can.

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